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| <p><u>Dairy:</u> *1/2 gal. Unsweetened almond milk *(1) stick of butter *24 oz 2 % cottage cheese *heavy cream *(2) cheese sticks *1g cont. 0% Plain Greek yogurt *(1) dozen eggs *1 c. cheddar cheese *(1) 8 oz 1/3 less fat cream cheese *Parmesan cheese (green can is fine) *1 c. egg whites *2 c. mozzarella cheese</p> <p><u>Meat:</u> *sausage links *2 ½ lbs boneless skinless chicken breasts *1 lb Italian sausage *3 lbs chicken drum sticks *4 lbs ground beef *2 lbs lean ground turkey *pepperoni</p> <p><u>Frozen:</u> *strawberries *(1) 16 oz broccoli</p> | <p><u>Produce:</u> *(7) onions *(6) green bell peppers *(3) apples *3pk Romaine lettuce *(1) cucumber (for fresh veg) *strawberries *celery *carrots *cilantro *garlic *(1) zucchini (1) bunch of kale</p> <p><u>Canned/Jarred:</u> *(5) 10.5 oz cans of Rotel *mayonnaise *8 oz salsa verde *(2) quarts vegetable broth *24 oz spaghetti sauce *(1) 15 oz pinto beans *(1) 14 oz corn *(1) 14 oz pizza sauce</p> | <p><u>Dry Grocery:</u> *no sugar added peanut butter *protein powder (or collagen) *vanilla extract *on plan sweetener *apple cider vinegar *sparkling water *almonds *2 c. brown rice, not cooked *cinnamon *Ranch dressing *cocoa powder *caramel extract *Swerve Brown Sweetener *garlic powder *chili powder *cumin *dried minced onion *dried parsley *taco seasoning *old fashioned oats *Italian seasoning *oregano *cayenne pepper *onion powder *1/2 c. quinoa *rosemary *red wine vinegar</p> |
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