

<p><u>Dairy:</u> *(1) stick of butter *(3) cheese sticks *(1) dozen eggs *1g 0% Plain Greek yogurt *24 oz 2% cottage cheese *almond milk *heavy cream *Parmesan cheese (green lid is fine) *8oz+4 T. 1/3 less fat cream cheese *2 c. cheddar cheese *1 ½ c. egg whites *5 c. mozzarella *sour cream, optional for topping</p> <p><u>Meat:</u> *1 lb ground sausage *4 ½ lbs boneless skinless chicken breasts *4 lbs ground beef *1 lb bacon *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(3) 10 oz bags of cauli rice</p>	<p><u>Produce:</u> *small bag of baby spinach *(6) onions *3 pk Romaine lettuce *(2) apples *(5) green bell peppers *celery *strawberries *1 lb carrots *garlic *(1) head of broccoli *(1) red bell pepper *(5) jalapenos *(1) lime *green onions</p> <p><u>Canned/Jarred:</u> *mayo *2 quarts chicken stock *(1) 10.5 oz Rotel *(1) 4 oz diced green chiles *(2) 15 oz tomato sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *almonds *apple cider vinegar *sparkling water *on plan sweetener *Ranch dressing *cinnamon *Swerve Brown Sweetener *garlic powder *peanut butter *cocoa powder *vanilla extract *caramel extract *protein powder, opt *almond flour *olive oil/coconut oil *onion powder *xanthan gum/glucic, opt *soy sauce *Sriracha *red pepper flakes *Creole seasoning *chili powder *oregano *cumin *taco seasoning *(1) 10 pack low carb tortillas *sesame oil *5 c. cooked brown rice</p>
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