

<p><b><u>Dairy:</u></b>                  *(1) stick of butter                  *3 c. cheddar cheese                  *large container 0% Plain Greek yogurt                  *(1) 8 oz 1/3 less fat cream cheese                  *24 oz 2% cottage cheese                  *half &amp; half                  *1 ½ c. egg whites                  *(1) dozen eggs                  *5 c. mozzarella cheese                  *heavy cream                  *1/2 gal unsweetened almond milk</p> <p><b><u>Meat:</u></b>                  *3 ½ lbs boneless skinless chicken breasts                  *4 ½ lbs ground beef                  *1 ½ lbs smoked sausage                  *pepperoni                  *sausage links</p> <p><b><u>Frozen:</u></b>                  *(1) bag of peas                  *(1) 10 oz cauli rice</p>	<p><b><u>Produce:</u></b>                  *celery                  *1 lb carrots                  *(5) onions                  *3 pk Romaine lettuce                  *(1) head of cauliflower                  *cilantro                  *dill weed                  *(1) large green cabbage                  *green onions                  *garlic                  *(2) green bell peppers                  *(1) apple                  *strawberries                  *(1) medium zucchini                  *small bag of spinach</p> <p><b><u>Canned/Jarred:</u></b>                  *(3) dill pickles                  *mayo                  *mustard                  *dill relish                  *1/2 c. lemon juice, bottled ok                  *(1) 10.5 oz Rotel                  *(1) 6 oz black olives                  *pizza sauce                  *8 oz tomato sauce                  *(1) 14 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *(1) 14 oz green beans</p>	<p><b><u>Dry Grocery:</u></b>                  *4 c. brown rice, cooked                  *Worcestershire sauce                  *paprika                  *sesame seeds                  *no sugar added ketchup                  *hot sauce                  *on plan sweetener                  *chili powder                  *cumin                  *3/4 c. quinoa                  *thyme                  *tarragon                  *garlic powder                  *nutritional yeast, opt.                  *sesame oil                  *soy sauce                  *red pepper flakes                  *almond flour                  *apple cider vinegar                  *sparkling water                  *onion powder                  *cayenne powder                  *cinnamon                  *caramel extract                  *no sugar added peanut butter                  *peanuts                  *vanilla extract                  *protein powder or collagen, opt                  *old fashioned oats                  *almonds                  *Swerve Brown Sweetener                  *cocoa powder                  *Italian seasoning                  *bay leaf</p>
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