

<p><u>Dairy:</u> *5 c. cheddar cheese *heavy cream *1 ½ c. egg whites *(2) dozen eggs *4 T. 1/3 less fat cream cheese *4 c. mozzarella *unsweetened almond milk *24 oz 2% cottage cheese *(2) sm 0% Plain Greek yogurt *(2) cheese sticks *(1) stick of butter *sour cream, optional for topping</p> <p><u>Meat:</u> *5 lbs ground beef *5 lbs boneless skinless chicken breasts *pepperoni *(1) pack of sausage links</p> <p><u>Frozen:</u> *(1) bag of peas *(1) 10 oz bag of cauli rice *strawberries *(1) bag of broccoli</p>	<p><u>Produce:</u> *(5) onions *garlic *(4) green bell peppers *green onions *cilantro *dill weed *1 lb carrots *3 pk Romaine lettuce *celery *(2) apples</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *(1) quart chicken broth *(1) 14 oz diced tomatoes *(1) 6 oz black olives *(1) 28 oz crushed tomatoes with basil *(1) 4 oz diced green chiles *pizza sauce *(1) 6 oz tomato paste *prepared mustard *mayo *salsa, optional for topping *(2) 14 oz green beans</p>	<p><u>Dry Grocery:</u> *olive oil *red pepper flakes *6 c. cooked brown rice *Italian seasoning *onion powder *basil *balsamic vinegar *taco seasoning *(2) 10 count low carb tortillas *garlic powder *oregano *sesame oil *soy sauce *almond flour *old fashioned oats *apple cider vinegar *sparkling water *on plan sweetener *Ranch dressing *no sugar added peanut butter *Swerve Brown Sweetener *almonds *cocoa powder *vanilla extract *caramel extract *cinnamon *mint extract *85% dark chocolate</p>
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