

<p><u>Dairy:</u> *(1) cheese stick *(1) dozen eggs *(1) stick of butter *heavy cream *(1) small 0% Plain Greek yogurt *unsweetened almond milk *16 oz 2% cottage cheese *2 c. cheddar cheese *4 c. mozzarella *4 T. 1/3 less fat cream cheese *1 ½ c. egg whites</p> <p><u>Meat:</u> *sausage links *3 ½ lbs boneless skinless chicken breasts *4 lbs ground beef *1 ½ lb smoked sausage *pepperoni</p> <p><u>Frozen:</u> *(1) 10 oz seasoning blend *(2) 16 oz cauliflower *(1) 16 oz broccoli *(1) bag of peas *(1) 10 oz cauli rice</p>	<p><u>Produce:</u> *strawberries *celery *(5) onions *(1) apple *(3) green bell peppers *3 pk Romaine lettuce *garlic *(1) lime *(2) summer squash *(2) zucchini *(1) large head of green cabbage *(1) bunch of broccoli *(1) red bell pepper *1 lb carrots *(1) bunch of green onions</p> <p><u>Canned/Jarred:</u> *mayo *15 oz tomato sauce *(2) quarts chicken stock *spaghetti sauce *Sriracha *pizza sauce</p>	<p><u>Dry Grocery:</u> *old fashioned oats *Swerve Brown Sweetener *apple cider vinegar *on plan sweetener *almonds *garlic powder *peanut butter *caramel extract *peanuts *cinnamon *vanilla extract *Ranch dressing *onion powder *8 c. cooked brown rice *taco seasoning *paprika *turmeric, optional *cayenne pepper *basil *nutritional yeast, opt *soy sauce or Bragg's aminos *gluccie or xanthan gum, opt *dried parsley *coconut oil *red pepper flakes *almond flour *sesame oil</p>
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