

<p><b><u>Dairy:</u></b>                  *1g container 0% Plain Greek yogurt                  *unsweetened almond milk                  *heavy cream                  *24 oz 2% cottage cheese                  *(1) dozen eggs                  *(3) sticks of butter                  *2 c. cheddar cheese                  *sour cream                  *1 ½ c. egg whites                  *4 c. mozzarella cheese                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *3 lbs ground beef                  *1 ½ lb smoked sausage                  *3 lbs boneless skinless chicken breast                  *pepperoni                  *6 slices of bacon</p> <p><b><u>Frozen:</u></b>                  *strawberries                  *1 c. peas                  *(3) bags of cauli rice                  *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *(2) apples                  *(2) 3 pk Romaine lettuce (get only 1 pack if your family doesn't eat a lot of salad)                  *celery                  *1 lb strawberries                  *(3) green bell peppers                  *(1) large head green cabbage                  *(3) onions                  *1 lb carrots                  *garlic                  *(2) zucchini                  *(1) small bag of spinach                  *(1) bunch of green onions                  *(1) lime</p> <p><b><u>Canned/Jarred:</u></b>                  *salsa                  *(1) quart chicken stock                  *(1) 14 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *(1) 15 oz tomato sauce                  *pizza sauce                  *mayo</p>	<p><b><u>Dry Grocery:</u></b>                  *on plan sweetener                  *cinnamon                  *Ranch dressing                  *no sugar added peanut butter                  *vanilla extract                  *old fashioned oats                  *Swerve Brown Sweetener                  *cocoa powder                  *caramel extract                  *taco seasoning                  *olive oil                  *nutritional yeast, optional                  *garlic powder                  *onion powder                  *Italian seasoning                  *bay leaf                  *red pepper flakes                  *sesame oil                  *6 c. cooked brown rice                  *soy sauce                  *almond flour                  *cumin                  *onion flakes                  *dried parsley</p>
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