

<p><u>Dairy:</u> *(1) dozen eggs *24 oz 2% cottage cheese *large container 0% Plain Greek yogurt *heavy cream *1/2 gallon unsweetened almond milk *4 T. 1/3 less fat cream cheese *sour cream, opt for topping *(1) stick of butter *Parmesan cheese (green can kind is fine) *4 c. mozzarella</p> <p><u>Meat:</u> *sausage links *1 lb boneless skinless chicken breasts *4 lbs ground beef *5 lbs chicken thighs *pepperoni *1 ½ lb sirloin tip roast</p> <p><u>Frozen:</u> *(1) bag of cauli rice *(1) bag of seasoning blend *1/2 bag of peas *(1) bag of broccoli</p>	<p><u>Produce:</u> *celery *1 lb strawberries *(1) 3 pk Romaine lettuce *(3) green bell peppers *(2) apples *(1) head of broccoli *(1) red bell pepper *garlic *(1) onion</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *(1) quart chicken broth *salsa *(1) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 14 oz corn *pizza sauce</p>	<p><u>Dry Grocery:</u> *no sugar added peanut butter *apple cider vinegar *on plan sweetener *sparkling water *old fashioned oats *Swerve Brown Sweetener *Sweet & Spicy tea *almonds *cinnamon *onion powder *garlic powder *cayenne pepper *cocoa powder *vanilla extract *caramel extract *peppermint extract *85% dark chocolate *Ranch dressing, for salads *chili powder *dried parsley *4 c. cooked brown rice *xanthan gum or gluccie, opt *soy sauce *Sriracha *red pepper flakes *taco seasoning *Italian seasoning *cooking spray *nutritional yeast, opt. *paprika *oregano *cumin *almond flour</p>
---	--	--