

<p><u>Dairy:</u> *(1) dozen eggs *1/2 gallon unsweetened almond milk *heavy cream *24 oz 2% cottage cheese *large container 0% Plain Greek yogurt *(2) sticks of butter *4 T/ 1/3 less fat cream cheese *1 c. cheddar cheese *4 c. mozzarella</p> <p><u>Meat:</u> *sausage links *pepperoni *2 lbs steak *4 lbs boneless skinless chicken breasts *2 lbs ground sausage *2 lbs ground beef</p> <p><u>Frozen:</u> *(1) bag of riced cauliflower *(1) bag of seasoning blend *(2) 16 oz bags of cauliflower *2 c. okra</p>	<p><u>Produce:</u> *3 pk Romaine lettuce *celery *(2) green bell peppers *(2) apples *1 lb green beans *(1) head of broccoli *(1) head of cauliflower *1 lb strawberries *garlic *(1) red onion *1 lb carrots *(1) lemon *(2) onions *(1) bunch of kale *(2) bunches of green onions *(1) large zucchini</p> <p><u>Canned/Jarred:</u> *Dijon mustard *Frank's Red Hot Sauce *(2) quarts chicken broth *spaghetti sauce *pizza sauce *salsa *(1) 8 oz tomato sauce</p>	<p><u>Dry Grocery:</u> *Ranch dressing, for salads *peanut butter *apple cider vinegar *sparkling water *on plan sweetener *Cherry Natural Burst (extract) *Pineapple Natural burst (extract) *old fashioned oats *Swerve Brown Sweetener *almonds *cocoa powder *vanilla extract *caramel extract *protein powder, opt. *cinnamon *mint extract *85% dark chocolate *olive oil *taco seasoning *1 c. green or brown lentils *thyme *dried parsley *oregano *garlic powder *onion powder *red pepper flakes *sesame oil *soy sauce *4 c. cooked brown rice *almond flour *taco seasoning</p>
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