

<p><b><u>Dairy:</u></b>                  *(2) sm. 0% Plain Greek yogurt                  *6 c. cheddar cheese                  *heavy cream                  *(2) sticks of butter                  *1/2 gal unsweetened almond milk                  *16 oz 2% cottage cheese                  *(2) dozen eggs                  *(1) cheese stick                  *1 1/2 c. egg whites                  *sour cream                  *(3) 8oz 1/3 less fat cream cheese                  *(1) 14 oz 1% cottage cheese                  *5 c. mozzarella</p> <p><b><u>Meat:</u></b>                  *3 oz deli ham                  *5 1/2 lb boneless skinless chicken breasts                  *7 lbs ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(2) 16 oz bags of cauliflower                  *2 c. okra</p>	<p><b><u>Produce:</u></b>                  *(2) apples                  *(5) onions                  *1 lb strawberries                  *3 pk Romaine lettuce                  *sm bag of spinach                  *(1) large head of cauliflower                  *1 lb carrots                  *(1) bunch of celery                  *1/2 c. button mushrooms                  *garlic                  *1/2 of a large head of cabbage</p> <p><b><u>Canned/Jarred:</u></b>                  *20 oz spaghetti sauce                  *2 1/2 quarts chicken broth                  *1 1/2 cups beef broth                  *pizza sauce                  *mustard                  *mayo                  *(1) 8 oz tomato sauce                  *(1) 14 oz diced tomatoes                  *(2) 10.5 oz Rotel                  *(1) 15 oz pinto beans</p>	<p><b><u>Dry Grocery:</u></b>                  *cinnamon                  *on plan sweetener                  *apple cider vinegar                  *sparkling water                  *cherry extract                  *pineapple extract                  *peanuts                  *no sugar-added peanut butter                  *caramel extract                  *old fashioned oats                  *Swerve Brown Sweetener                  *almonds                  *Sweet &amp; Spicy tea                  *garlic powder                  *vanilla extract                  *cocoa powder                  *chili powder                  *onion powder                  *Bragg's Liquid Aminos/soy sauce                  *oregano                  *cayenne pepper                  *3/4 c. wild rice                  *thyme                  *xanthan gum or gluccie                  *ground ginger                  *rice wine vinegar                  *coconut oil                  *almond flour</p>
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