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| <p><u>Dairy:</u> *large 0% Plain Greek yogurt *heavy cream *(1) dozen eggs *(1) stick of butter *4 c. cheddar cheese *(3) string cheese *16 oz 2% cottage cheese *unsweetened almond milk *1 ½ c. egg whites *4 T. 1/3 less fat cream cheese *4 c. mozzarella</p> <p><u>Meat:</u> *2 lbs ground beef *1 lb bacon *6 ½ lbs boneless skinless chicken breasts *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *(1) bag of peas *(1) bag of cauliflower rice *(1) bag of seasoning blend *strawberries</p> | <p><u>Produce:</u> *(3) onions *(2) 3 pk Romaine lettuce *(3) red bell peppers *(4) medium tomatoes *(2) avocados *(1) cucumber *(3) green bell peppers *(1) cubanelle pepper *garlic *1 lb carrots *(1) bunch of green onions *(1) large zucchini *(1) head of broccoli *(3) apples *1 lb strawberries *(1) banana *(1) peach</p> <p><u>Canned/Jarred:</u> *dill relish *mayo *ketchup *hot sauce *(4) 10.5 oz Rotel *(1) 15 oz pinto beans *spaghetti sauce *Sriracha *1/2 c. chicken broth *pizza sauce *(1) 14 oz corn</p> | <p><u>Dry Grocery:</u> *cinnamon *on plan sweetener *no sugar added peanut butter *85% dark chocolate *vanilla extract *apple cider vinegar *sparkling water *cherry extract *pineapple extract *Worcestershire sauce *paprika *sesame seeds *almonds *mint extract *Zevia, optional *chili powder *onion powder *garlic powder *Bragg's liquid aminos *Ranch dressing, for salads *taco seasoning *nutritional yeast, opt *sesame oil *10 c. cooked brown rice *soy sauce *red pepper flakes *almond flour *cumin *cayenne</p> |
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