

<p><u>Dairy:</u> *lrg container 0% Plain Greek yogurt *(2) cheese sticks *(1) dozen eggs *(2) sticks of butter *24 oz 2% cottage cheese *quart of heavy cream *unsweetened almond milk *1 c. cheddar cheese *sour cream, opt for topping *4 c. mozzarella *4 T 1/3 less fat cream cheese</p> <p><u>Meat:</u> *3 lb ground beef *6 slices bacon *2 lbs ground Italian sausage *6 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *strawberries *(1) bag of seasoning blend *(2) bags of cauliflower *2 c. diced okra *(1) bag of peas</p>	<p><u>Produce:</u> *(5) bell peppers *(2) cucumbers *(1) large head of green cabbage *(1) small head of purple cabbage *1 lb strawberries *(3) apples *(2) 3 pk Romaine lettuce *(1) peach *(1) banana *1 lb carrots *(1) bunch of celery *(1) bunch of kale *(1) red onion *(1) lemon *(1)lime *(2) onions</p> <p><u>Canned/Jarred:</u> *mayo *(3) 8 oz tomato sauce *2 qts + 1 c. chicken stock *salsa *Dijon mustard *Frank's Red Hot Sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *on plan sweetener *apple cider vinegar *peanuts *THM Cherry natural burst *THM Pineapple natural burst *lime juice *sparkling water *almonds *peanut butter *vanilla extract *protein powder or collagen *garlic powder *onion powder *cayenne pepper *cinnamon *Ranch dressing, for salad *85% dark chocolate *hummus *cocoa powder *chili powder *cumin *red pepper flakes *taco seasoning *1 c. green or brown lentils *extra virgin olive oil *thyme *dried parsley *oregano *almond flour *2 c. brown rice, not cooked *soy sauce *ground ginger *black pepper *rice vinegar *coconut oil</p>
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