

<p><u>Dairy:</u> *24 oz 2% cottage cheese *unsweetened almond milk *(1) cheese stick *1g 0% Plain Greek yogurt *(1) dozen eggs *heavy cream *(1) stick of butter *2 c. pepper jack cheese *1 ½ c. egg whites *4 c. mozzarella *4 T. 1/3 less fat cream cheese *2 c. cheddar cheese *cheddar cheese slices (for burgers)</p> <p><u>Meat:</u> *4 ½ lbs boneless skinless chicken breasts *6 lbs ground beef *1 lb bacon *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(1) bag of cauli rice *(1) bag of broccoli *(1) bag of green beans *(1) bag of strawberries</p>	<p><u>Produce:</u> *(2) apples *celery *(2) green bell pepper (1 for fresh veg) *1 lb strawberries *(4) onions *(1) large head of green cabbage *(1) large zucchini *(2) 3 pk Romaine lettuce *(2) red bell peppers *(5) tomatoes *(2) avocados *(1) cucumber *1 lb carrots</p> <p><u>Canned/Jarred:</u> *spaghetti sauce *mayo *mustard *(2) 15 oz black beans or 4 c. cooked *(1) 10.5 oz Rotel *salsa *pizza sauce *dill pickles or dill relish *ketchup *hot sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *on plan sweetener *cocoa powder *protein powder, opt *vanilla extract *almonds *apple cider vinegar *sparkling water *THM Cherry Natural burst *THM Pineapple Natural burst *cinnamon *caramel extract *peanuts *Ranch dressing (for salad) *mint extract *85% dark chocolate *old fashioned oats *Swerve brown sweetener *soy sauce *ground ginger *onion powder *garlic powder *4 c. brown rice, not cooked *cayenne pepper *sesame oil *red pepper flakes *chili powder *almond flour *Worcestershire sauce *paprika *sesame seeds</p>
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