

<p><u>Dairy:</u> *1g. 0% Plain Greek yogurt *(1) dozen eggs *(2) cheese sticks *3 c. shredded Pepper jack cheese *heavy cream *24 oz 2% cottage cheese *unsweetened almond milk *(2) 8 oz 1/3 less fat cream cheese *(1) 14 oz 1% cottage cheese *6 c. mozzarella</p> <p><u>Meat:</u> *3 oz. Deli ham *6 ½ lbs boneless skinless chicken breasts *4 lbs ground beef *1 lb bacon *pepperoni</p> <p><u>Frozen:</u> *strawberries *(2) bags of broccoli *(1) bag of peas</p>	<p><u>Produce:</u> *(2) apples *(3) 3pk Romaine hearts *(3) green bell peppers *1 lb strawberries *(2) cucumbers *(1) bunch of celery *(1) peach *(1) banana *(3) onions *garlic *1 lb carrots *(1) sm. Red onion *16 oz baby spinach *(1) pint cherry tomatoes *(1) large head of green cabbage *(3) red or yellow bell peppers *(2) tomatoes *(2) avocados *(1) bunch of cilantro</p> <p><u>Canned/Jarred:</u> *mustard *mayo *Dijon mustard *24 oz spaghetti sauce *(2) 15 oz pinto beans *(1) 15 oz black beans *(1) 15 oz corn *pizza sauce *1 c. chicken broth</p>	<p><u>Dry Grocery:</u> *Ranch dressing (for salad) *cinnamon *apple cider vinegar *on plan sweetener *sparkling water *THM Cherry Natural burst *THM Pineapple Natural burst *lime juice *old fashioned oats *Swerve brown sweetener *peanut butter *protein powder, opt *cocoa powder *vanilla extract *cumin *1 c. green or brown lentils *lemon juice *thyme *dried parsley *extra virgin olive oil *oregano *onion powder *garlic powder *cayenne pepper *chili powder *paprika *soy sauce *black pepper *rice vinegar *coconut oil *2 c. brown rice, not cooked *almond flour *xanthan gum, optional *Sriracha *red pepper flakes</p>
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