

<p><u>Dairy:</u> *32 oz. 2% cottage cheese *unsweetened almond milk *(1) dozen eggs *heavy cream *lg. 0% Plain Greek yogurt *(1) stick of butter *sour cream *2 c. cheddar cheese *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese</p> <p><u>Meat:</u> *pepperoni *2 ½ lb boneless skinless chicken breasts *2 ½ lbs boneless skinless chicken thighs *3 lbs ground beef *1 lb smoked sausage</p> <p><u>Frozen:</u> *(1) bag of strawberries *(1) bag of peas *(1) bag of seasoning blend *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *(1) peach *(1) banana *(3) 3 pks Romaine lettuce *(3) apples *(1) bunch of celery * 1 lb strawberries *(2) green bell peppers *(1) red bell pepper *(2) cucumbers (for fresh veg) *garlic *1 lb carrots *(1) sm bag of baby spinach *(2) onions *(1) cubanelle pepper *(1) pint cherry tomatoes</p> <p><u>Canned/Jarred:</u> *salsa *(1) 10.5 oz Rotel *pizza sauce *(2) 15 oz pinto beans *(1) 15 oz black beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *vanilla extract *on plan sweetener *Ranch dressing *no sugar added peanut butter *85% dark chocolate *cinnamon *coconut oil *2 c. brown rice, not cooked *soy sauce *red pepper flakes *apple cider vinegar *sparkling water *THM Cherry Natural Burst *THM Pineapple Natural Burst *lime juice *dried parsley *oregano *garlic powder *onion powder *taco seasoning *sesame oil *extra virgin olive oil *balsamic vinegar *peanuts *cayenne pepper *1 c. quinoa, not cooked *almond flour *chili powder *cumin *paprika</p>
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