

<p><b><u>Dairy:</u></b>          *(1) dozen eggs          *24 oz 2% cottage cheese          *heavy cream          *unsweetened almond milk          *1g container 0% Plain Greek yogurt          *(3) sticks of butter          *4 c. Mozzarella          *4 T. 1/3 less fat cream cheese          *1 c. Parmesan</p>	<p><b><u>Produce:</u></b>          *(2) 3 pk Romaine lettuce          *celery          *(2) apples          *1 lb strawberries          *(3) green bell peppers          *(1) peach          *(1) banana          *(1) large green cabbage          *(3) onions          *(3) tomatoes          *1 lb carrots          *(1) red onion          *1 lb green beans          *garlic          *green onions</p>	<p><b><u>Dry Grocery:</u></b>          *Ranch dressing, for salads          *apple cider vinegar          *on plan sweetener          *sparkling water          *lime juice          *THM Natural Cherry Burst          *THM Natural Pineapple Burst          *peanut butter          *protein powder, optional          *cinnamon          *85% dark chocolate          *chili powder          *cumin          *paprika          *garlic powder          *onion powder          *dried parsley          *2 c. brown rice, not cooked          *Worcestershire sauce          *sesame seeds          *1 c. brown or green lentils          *lemon juice          *dried thyme          *almond flour</p>
<p><b><u>Meat:</u></b>          *sausage links          *pepperoni          *2 lbs ground beef          *3 lbs boneless skinless chicken breasts          *1 ½ lbs smoked sausage          *4 lbs chicken wings</p>	<p><b><u>Canned/Jarred:</u></b>          *1/2 c. chicken broth          *(1) 10.5 oz Rotel          *salsa          *dill pickles or relish          *mayo          *no sugar added ketchup          *hot sauce          *Dijon mustard          *pizza sauce</p>	
<p><b><u>Frozen:</u></b>          *(1) bag of strawberries          *(1) bag of broccoli          *(1) bag of peas</p>		