

<p><u>Dairy:</u> *1g 0% Plain Greek yogurt *unsweetened almond milk *heavy cream *24 oz 2% cottage cheese *(8) eggs *(1) cheese stick *(1) stick of butter *2 c. cheddar *sour cream *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *pepperoni *3 lbs ground beef *3 lbs ground turkey *2 lbs smoked sausage *1 lb boneless skinless chicken breasts *6 slices of bacon</p> <p><u>Frozen:</u> *strawberries *(1) bag of seasoning blend *(1) bag of peas</p>	<p><u>Produce:</u> *(3) apples *(3) 3 pk Romaine lettuce *celery *1 lb strawberries *(2) green bell peppers *garlic *(1) large zucchini *(2) onions *(1) head of broccoli *(1) red bell pepper *1 lb green beans *(1) medium green cabbage *(1) small red cabbage</p> <p><u>Canned/Jarred:</u> *spaghetti sauce *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 14 oz corn *salsa *sun dried tomatoes *5 c. chicken broth *Sriracha *pizza sauce *mayo</p>	<p><u>Dry Grocery:</u> *cinnamon *on plan sweetener *peanut butter *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *vanilla extract *Ranch dressing *almonds *cocoa powder *mint extract *85% dark chocolate *3 c. brown rice, cooked *chili powder *garlic powder *cumin *cayenne pepper *taco seasoning *13.25 oz Dreamfield's pasta *red pepper flakes *dill weed *coconut oil *xanthan gum, optional *soy sauce *almond flour</p>
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