

<p><u>Dairy:</u> *(1) dozen eggs *(2) sticks of butter *(3) cheese sticks *unsweetened almond milk *heavy cream *large container 0% Plain Greek yogurt *16 oz 2% cottage cheese *1 c. cheddar cheese *1 c. grated Parmesan cheese *4 c. Mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *3 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *4 lbs chicken wings *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *1 lb strawberries *(1) bunch of celery *(5) onions *(2) cucumbers for fresh veg *(3) green bell peppers *(3) apples *(2) tomatoes *(1) medium green cabbage *(1) large zucchini *(2) 3 pk Romaine lettuce *1 lb green beans *(1) bunch green onions</p> <p><u>Canned/Jarred:</u> *mayo *spaghetti sauce *1/2 c. beef broth *dill pickles or relish *no sugar added ketchup *salsa *(2) 14 oz black beans *(4) 10.5 oz Rotel *pizza sauce *(1) 15 oz pinto beans *(1) 14 oz corn</p>	<p><u>Dry Grocery:</u> *Swerve Brown Sweetener *garlic powder *apple cider vinegar *sparkling water *on plan sweetener *THM Cherry natural burst *THM Pineapple natural burst *lime juice *vanilla extract *protein powder *peanut butter *unsweetened applesauce *cinnamon *mint extract *85% dark chocolate *soy sauce *ground ginger *onion powder *rice vinegar *black pepper *coconut oil *3 c. brown rice, not cooked *Worcestershire sauce *paprika *sesame seeds *chili powder *Ranch dressing, for salads *almond flour *cumin *cayenne pepper</p>
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