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| <p><b><u>Dairy:</u></b><br/>                 *(1) stick of butter<br/>                 *(1) dozen eggs<br/>                 *(1) 16 oz 2% cottage cheese<br/>                 *1/2 gallon unsweetened almond milk<br/>                 *heavy cream<br/>                 *large container 0% Plain Greek yogurt<br/>                 *(1) cheese stick<br/>                 *1 c. cheddar cheese<br/>                 *8 oz + 4 T 1/3 less fat cream cheese<br/>                 *5 c. mozzarella<br/>                 *1 1/2 c. egg whites</p> <p><b><u>Meat:</u></b><br/>                 *2 lbs smoked sausage<br/>                 *5 lbs boneless skinless chicken breasts<br/>                 *3 lbs ground beef<br/>                 *(6) slices of bacon<br/>                 *pepperoni</p> <p><b><u>Frozen:</u></b><br/>                 *(1) bag of strawberries<br/>                 *(1) bag of peas<br/>                 *(1) bag of cauli rice</p> | <p><b><u>Produce:</u></b><br/>                 *1 lb strawberries<br/>                 *(2) green bell peppers<br/>                 *(1) cucumber<br/>                 *(2) apples<br/>                 *celery<br/>                 *(3) onions<br/>                 *(1) 3 pk Romaine lettuce<br/>                 *(1) head of broccoli<br/>                 *(1) red bell pepper<br/>                 *garlic<br/>                 *16 oz baby spinach<br/>                 *1 lb carrots<br/>                 *(1) bunch green onions<br/>                 *1 lb green beans<br/>                 *(1) large green cabbage<br/>                 *(1) small purple cabbage</p> <p><b><u>Canned/Jarred:</u></b><br/>                 *mustard<br/>                 *mayo<br/>                 *(1) 8 oz tomato sauce<br/>                 *6 c. chicken broth<br/>                 *1/2 c. sun dried tomatoes<br/>                 *Sriracha<br/>                 *24 oz spaghetti sauce<br/>                 *pizza sauce</p> | <p><b><u>Dry Grocery:</u></b><br/>                 *apple cider vinegar<br/>                 *on plan sweetener<br/>                 *THM Cherry Natural Burst<br/>                 *THM Pineapple Natural Burst<br/>                 *sparkling water<br/>                 *lime juice<br/>                 *peppermint extract<br/>                 *85% dark chocolate<br/>                 *peanut butter<br/>                 *cinnamon<br/>                 *garlic powder<br/>                 *onion powder<br/>                 *cayenne pepper<br/>                 *almonds<br/>                 *vanilla extract<br/>                 *7 c. cooked brown rice<br/>                 *13.25 oz Dreamfield's pasta<br/>                 *dried dill weed<br/>                 *coconut oil<br/>                 *xanthan gum, optional<br/>                 *soy sauce<br/>                 *oregano<br/>                 *sesame oil<br/>                 *almond flour<br/>                 *Ranch dressing, for salads<br/>                 *ground ginger<br/>                 *black pepper<br/>                 *rice vinegar</p> |
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