

<p><u>Dairy:</u> *(2) sticks of butter *(1) dozen eggs *24 oz 2% cottage cheese *(1) large 0% Plain Greek yogurt *unsweetened almond milk *heavy cream *3 c. cheddar cheese *sour ream *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *1 ½ lb smoked sausage *3 lbs ground beef *3 lbs boneless skinless chicken breasts *2 lb sirloin steak *pepperoni</p> <p><u>Frozen:</u> *(1) bag of strawberries *1/2 bag of peas *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *1 lb strawberries *(3) apples *(5) green bell peppers *(1) cucumber *celery *(1) peach *(1) banana *(2) 3 pack Romaine lettuce *(3) onions *(1) head of green cabbage *(1) red bell pepper *garlic *(3) tomatoes</p> <p><u>Canned/Jarred:</u> *1 c. chicken stock *Sriracha *1/2 c. beef broth *dill pickles or relish *mayo *no sugar added ketchup *hot sauce *pizza sauce *Frank's Red Hot sauce</p>	<p><u>Dry Grocery:</u> *on plan sweetener *cinnamon *peanut butter *vanilla extract *protein powder, optional *apple cider vinegar *sparkling water *THM Cherry Natural Burst *THM Pineapple Natural Burst *Ranch dressing *almonds *cocoa powder *2 c. rice, not cooked *onion powder *garlic powder *taco seasoning *coconut oil *soy sauce *red pepper flakes *cumin *(1) package low carb wraps *Worcestershire sauce *paprika *sesame seeds *almond flour *dried parsley</p>
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