

<p><b><u>Dairy:</u></b>                  *(1) large 0% Plain Greek yogurt                  *(1) dozen eggs                  *(1) stick of butter                  *(1) cheese stick                  *1/2 gal unsweetened almond milk                  *heavy cream                  *24 oz 2% cottage cheese                  *1 c. cheddar cheese                  *sour cream                  *1 1/2 c. egg whites                  *4 c. mozzarella                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *2 lbs boneless skinless chicken breasts                  *2 1/2 lb boneless chuck roast                  *3 lbs ground beef                  *2 lbs ground turkey                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of strawberries                  *(1) bag of peas                  *(1) bag of cauli rice</p>	<p><b><u>Produce:</u></b>                  *(3) apples                  *celery                  *1 lb strawberries                  *(4) green bell peppers                  *(2) cucumbers (for fresh veg)                  *(2) 3 pk Romaine lettuce                  *garlic                  *(1) lime                  *1 lb carrots                  *(1) bunch green onions                  *(3) onions                  *(1) large green cabbage                  *(1) pint cherry tomatoes</p> <p><b><u>Canned/Jarred:</u></b>                  *(3) 8 oz tomato sauce                  *1 c. chicken broth                  *chipotle chilies in Adobo                  *3 T. tomato paste                  *(2) 15 oz pinto beans                  *(3) 15 oz black beans                  *(1) 14 oz corn                  *pizza sauce                  *(1) 10.5 oz Rotel                  *salsa</p>	<p><b><u>Dry Grocery:</u></b>                  *on plan sweetener                  *cinnamon                  *peanut butter                  *apple cider vinegar                  *sparkling water                  *THM Natural Burst Cherry                  *THM Natural Burst Pineapple                  *almonds                  *protein powder, optional                  *vanilla extract                  *garlic powder                  *onion powder                  *cayenne pepper                  *cocoa powder                  *oregano                  *olive oil                  *cumin                  *cloves                  *sesame oil                  *2 c. rice, not cooked                  *soy sauce                  *red pepper flakes                  *ground ginger                  *taco seasoning                  *chili powder                  *paprika                  *almond flour</p>
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