

<p><b><u>Dairy:</u></b>                  *large 0% Plain Greek yogurt                  *1/2 gal unsweetened almond milk                  *24 oz 2% cottage cheese                  *(1) dozen eggs                  *(1) stick of butter                  *(2) cheese sticks                  *3 c. cheddar cheese                  *sour cream                  *4 c. mozzarella                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *5 lbs boneless skinless chicken breasts                  *4 oz deli ham (I use Hormel Naturals or Never Any! brands)                  *4 lbs ground beef                  *pepperoni                  *1 1/2 lb smoked sausage</p> <p><b><u>Frozen:</u></b>                  *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>                  *(3) apples                  *(1) bunch of celery                  *(5) onions                  *(4) green bell peppers                  *(2) cucumbers (for fresh veg)                  *1 lb strawberries                  *(2) 3 pk Romaine lettuce                  *(1) zucchini                  *1 1/2 very large heads of green cabbage</p> <p><b><u>Canned/Jarred:</u></b>                  *mayo                  *mustard                  *salsa                  *spaghetti sauce                  *1/2 c. beef broth                  *dill pickles or relish                  *no sugar added ketchup                  *hot sauce                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *cinnamon                  *on plan sweetener                  *Swerve Brown Sweetener                  *garlic powder                  *peanut butter                  *apple cider vinegar                  *sparkling water                  *lime juice                  *THM Pineapple Natural Burst                  *THM Cherry Natural Burst                  *vanilla extract                  *protein powder, opt                  *85% dark chocolate                  *cocoa powder                  *1 c. brown rice, not cooked                  *soy sauce                  *ground ginger                  *onion powder                  *black pepper                  *rice vinegar                  *coconut oil                  *Worcestershire sauce                  *paprika                  *sesame seeds                  *almond flour                  *Ranch dressing (for salads)</p>
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