

<p><u>Dairy:</u> *(1) stick of butter *(1) dozen eggs *24 oz 2% cottage cheese *heavy cream *large 0% plain Greek yogurt *(2) cheese sticks *sour cream *1 c. cheddar cheese *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *3 lbs ground beef *1 lb bacon *2 lbs ground turkey *2 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of strawberries *(2) bags of seasoning blend</p>	<p><u>Produce:</u> *1 lb strawberries *(2) cucumbers (for fresh veg) *(3) green bell peppers *(3) apples *celery *1/2 head green cabbage *1/2 head red cabbage *(3) onions *garlic *(1) 3 pk Romaine *1 lb carrots *small bag of spinach *(1) zucchini</p> <p><u>Canned/Jarred:</u> *mayo *mustard *4 c. chicken broth *(1) 15 oz kidney beans *(3) 15 oz Great Northern beans *(4) 14 oz diced tomatoes *(1) 15 oz pinto beans *(1) 14 oz corn *Frank's Red Hot *salsa *pizza sauce</p>	<p><u>Dry Grocery:</u> *on plan sweetener *peanut butter *vanilla extract *protein powder, optional *cinnamon *apple cider vinegar *sparkling water *lime juice *THM Pineapple Burst *THM Cherry Burst *85% dark chocolate *sliced almonds *old fashioned oats *Swerve Brown Sweetener *onion powder *garlic powder *1/2 lb green or brown lentils *2 c. cooked brown rice *chili powder *cumin *cayenne pepper *parsley *oregano *taco seasoning *almond flour *chili seasoning *Italian seasoning *bay leaf</p>
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