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| <p><u>Dairy:</u> *large heavy cream *(1) dozen eggs *(1) stick of butter *large 0% Plain Greek yogurt *16 oz 2% cottage cheese *4 T. 1/3 less fat cream cheese *1 ½ c. egg whites *4 c. mozzarella</p> <p><u>Meat:</u> *sausage links *3 ½ lb boneless skinless chicken breasts *2 ½ lb stew meat *2 lb ground turkey *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(1) bag of cauli rice *(2) bags of seasoning blend</p> | <p><u>Produce:</u> *(3) apples *(3) green bell peppers *(1) cucumber (for fresh veg) *(2) onions *(1) 3 pk Romaine lettuce *(2) red bell peppers *(1) pint cherry tomatoes *(1) bunch of green onions *(3) avocados *(1) lime *(1) bunch of cilantro *1 lb carrots *8 oz mushrooms</p> <p><u>Canned/Jarred:</u> *(1) 8 oz tomato sauce *5 c. chicken broth *(4)10.5 oz Rotel *(3) 15 oz black beans *salsa *hot sauce *(2) 14.5 oz fire roasted tomatoes *black olives *(1) 6 oz tomato paste *(1) 15 oz kidney beans *(2) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *(1) 15 oz pinto beans *(1) 14 oz corn *pizza sauce</p> | <p><u>Dry Grocery:</u> *old fashioned oats *cinnamon *Swerve Brown Sweetener *peppermint tea *on plan sweetener *apple cider vinegar *sparkling water *lime juice *THM Pineapple Natural burst *THM Cherry Natural burst *garlic powder *onion powder *cayenne pepper *peanut butter *protein powder, opt *vanilla extract *85% dark chocolate *chili powder *extra virgin olive oil *sesame oil *4 c. brown rice, not cooked *soy sauce *red pepper flakes *paprika *oregano *rosemary *chili seasoning *1/2 lb green or brown lentils *cumin *almond flour</p> |
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