

<p><u>Dairy:</u> *(4) 8 oz 1/3 less fat cream cheese *large 0% Plain Greek yogurt *14 oz 1% cottage cheese *6 c. mozzarella *sour cream *1 c. cheddar cheese *(1) dozen eggs *heavy cream *(2) cheese sticks *unsweetened almond milk *16 oz. 2% cottage cheese *(1) stick of butter</p> <p><u>Meat:</u> *2 lbs bacon *4 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni *sausage links</p> <p><u>Frozen:</u> *(1) bag of peas</p>	<p><u>Produce:</u> *(4) onions *(4) green bell peppers *(2) 3 pk Romaine lettuce *(1) large bag of spinach *(1) head of broccoli *(1) red bell pepper *garlic *1 lb carrots *(1) zucchini *celery *(5) jalapeno peppers *green onions *(5) apples *(2) cucumbers (for fresh veg)</p> <p><u>Canned/Jarred:</u> *salsa *(2) 10.5 oz Rotel *20 oz spaghetti sauce *4 ½ c. chicken stock *Sriracha or Frank's Red Hot *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *pizza sauce *(1) 8 oz tomato sauce *mayo *mustard</p>	<p><u>Dry Grocery:</u> *2 c. brown rice, not cooked *chili powder *dried parsley *onion powder *garlic powder *on plan sweetener *red pepper flakes *oregano *cayenne pepper *coconut oil *soy sauce *Italian seasoning *bay leaf *taco seasoning *almond flour *cumin *old fashioned oats *cinnamon *almonds *apple cider vinegar *sparkling water *THM Cherry Natural Burst *THM Pineapple Natural Burst *lime juice *peanut butter *vanilla extract *protein powder, optional *caramel extract *Swerve Brown Sweetener</p>
---	---	---