

<p><b><u>Dairy:</u></b>          *(1) dozen eggs          *(1) stick of butter          *16 oz 2% cottage cheese          *1g 0% plain Greek yogurt          *1g. Heavy cream          *unsweetened almond milk          *(1) cheese stick          *8 oz + 4 T 1/3 less fat cream cheese          *2 c. Monterrey Jack cheese          *2 c. cheddar cheese          *sour cream          *4 c. mozzarella</p> <p><b><u>Meat:</u></b>          *sausage links          *7 ½ lbs boneless skinless chicken breasts          *12 oz bacon          *2 lbs ground beef          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(1) bag of peas          *(2) bags of cauliflower florets          *(1) bag of green beans          *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>          *(3) green bell peppers          *(2) cucumbers (for fresh veg)          *(4) apples          *celery          *(3) onions          *1 lb carrots          *(5) jalapeno peppers          *garlic          *(1) head of broccoli          *(1) red bell pepper          *(1) zucchini          *green onions          *(2) 3 pk Romaine lettuce</p> <p><b><u>Canned/Jarred:</u></b>          *mayo          *(1) 10.5 oz Rotel          *3 c. chicken broth          *Frank's Red Hot sauce          *spaghetti sauce          *salsa          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *on plan sweetener          *cinnamon          *apple cider vinegar          *sparkling water          *THM Pineapple Natural Burst          *THM Cherry Natural Burst          *old fashioned oats          *Swerve Brown Sweetener          *garlic powder          *peanut butter          *vanilla extract          *85% dark chocolate          *caramel extract          *protein powder, optional          *cocoa powder          *2 c. cooked brown rice          *chili powder          *cumin          *cayenne pepper          *coconut oil          *oregano          *soy sauce          *red pepper flakes          *taco seasoning          *almond flour          *Ranch dressing          *parsley          *onion powder</p>
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