

<p><u>Dairy:</u> *24 oz 2% cottage cheese *(2) dozen eggs *1/2 gallon unsweetened almond milk *large heavy cream *(1) small 0% Plain Greek yogurt *(1) stick of butter *sour cream *1 ½ c. egg whites *10 oz sliced Swiss Cheese *4 T. 1/3 less fat cream cheese *4 c. Mozzarella *1 c. cheddar</p> <p><u>Meat:</u> *sausage links *2 ½ lbs boneless skinless chicken breasts *1 lb Italian sausage *pepperoni *(2) 12 oz deli Roast beef *1 lb ground beef *8 oz bacon</p> <p><u>Frozen:</u> *(1) bag of strawberries *(1) bag of seasoning blend *(1) bag of peas *(1) bag of cauli rice *(1) bag of corn *(1) bag of broccoli</p>	<p><u>Produce:</u> *(4) Apples *small bag of kale *(2) 3 pk Romaine lettuce *(2) cucumbers (for fresh veg) *(7) green bell peppers *celery *1 lb carrots *green onions *garlic *(5) onions *8 oz mushrooms *(1) lime *(1) bunch of cilantro *(1) zucchini</p> <p><u>Canned/Jarred:</u> *Frank's Red Hot Sauce *(2) pizza sauce *(4) 8 oz tomato sauce *3 quarts chicken broth *(2) 15 oz black beans *(1) 10.5 oz Rotel *(1) 14.5 oz fire roasted tomatoes</p>	<p><u>Dry Grocery:</u> *old fashioned oats *Swerve Brown Sweetener *cinnamon *peanut butter *protein powder, optional *vanilla extract *caramel extract *cocoa powder *Ranch dressing *85% dark chocolate *mint extract *dried parsley *oregano *onion powder *garlic powder *cayenne pepper *basil *sesame oil *6 c. brown rice, cooked *soy sauce or Bragg's liquid aminos *red pepper flakes *coconut oil *Italian seasoning *taco seasoning *paprika *cumin *almond flour *apple cider vinegar *sparkling water *on plan sweetener *THM Pineapple Natural Burst *THM Cherry Natural Burst</p>
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