

<p><u>Dairy:</u> *16 oz 2% cottage cheese *unsweetened almond milk *(2) dozen eggs *large heavy cream *(1) stick of butter *large 0% Plain Greek yogurt *8oz + 4 T. 1/3 less fat cream cheese *10 oz sliced Swiss cheese *1 ½ c. egg whites *4 c. mozzarella</p> <p><u>Meat:</u> *sausage links *4 lbs boneless skinless chicken breasts *4 lbs ground beef *(2) 12 oz sliced roast beef (deli style) *pepperoni</p> <p><u>Frozen:</u> *strawberries *peaches *16 oz broccoli</p>	<p><u>Produce:</u> *(1) banana *(7) green bell peppers *(3) apples *(2) cucumbers (for fresh veg) *(6) onions *1 lb carrots *garlic *green onions *(1) zucchini *8 oz mushrooms *1/2 large green cabbage *(2) 3 pk Romaine hearts *(1) pint cherry tomatoes</p> <p><u>Canned/Jarred:</u> *(1) 8 oz tomato sauce *1 c. chicken broth *mayo *mustard *(1) 10.5 oz Rotel *spaghetti sauce *4 c. vegetable broth *pizza sauce *(2) 15 oz pinto beans *(1) 15 oz black beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *on plan sweetener *vanilla extract *protein powder, optional *old fashioned oats *cinnamon *Swerve Brown Sweetener *onion powder *garlic powder *cayenne pepper *peanut butter *cocoa powder *caramel extract *coconut oil *chili powder *cumin *oregano *red pepper flakes *Italian seasoning *taco seasoning *sesame oil *6 c. cooked brown rice *soy sauce *ground ginger *black pepper *rice vinegar *almond flour *Ranch dressing (for salad) *paprika *dried parsley *apple cider vinegar *sparkling water *THM Pineapple Natural Burst *THM Cherry Natural Burst *85% dark chocolate</p>
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