

<p><b><u>Dairy:</u></b>                  *(1) dozen eggs                  *(1) stick of butter                  *16 oz 2% cottage cheese                  *1/2 gal unsweetened almond milk                  *(1) string cheese                  *1 c. cheddar cheese                  *sour cream                  *1 ½ c. egg whites                  *8 oz + 4 T. 1/3 less fat cream cheese                  *4 c. mozzarella</p> <p><b><u>Meat:</u></b>                  *sausage links                  *3 lbs ground beef                  *1 ½ lbs boneless skinless chicken breasts                  *(4) chicken sausage links                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of peas                  *(1) bag of cauli rice                  *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *(4) green bell peppers                  *(2) cucumbers (for fresh veg)                  *(2) 3 pk Romaine hearts                  *(3) Apples                  *(3) onions                  *garlic                  *(1) zucchini                  *1 lb carrots                  *(1) bunch green onions                  *small bag of spinach</p> <p><b><u>Canned/Jarred:</u></b>                  *(1) 8 oz tomato sauce                  *2 quarts + 1 c. chicken stock                  *(2) 14 oz diced tomatoes                  *salsa                  *(1) 15 oz kidney beans                  *(1) 15 oz Great Northern beans                  *spaghetti sauce                  *(1) 10.5 oz Rotel                  *4 c. beef broth                  *pizza sauce                  *(2) 14.5 oz fire roasted tomatoes                  *(1) 6 oz tomato paste</p>	<p><b><u>Dry Grocery:</u></b>                  *protein powder, optional                  *no sugar added peanut butter                  *cocoa powder                  *vanilla extract                  *caramel extract                  *on plan sweetener                  *apple cider vinegar                  *sparkling water                  *THM Pineapple Burst                  *THM Cherry Burst                  *ranch dressing, for salad                  *old fashioned oats                  *Swerve Brown Sweetener                  *Peppermint tea                  *coconut oil                  *onion powder                  *garlic powder                  *cayenne pepper                  *soy sauce                  *(2) taco seasoning                  *chili seasoning                  *1 ½ lbs brown or green lentils                  *sesame oil                  *4 c. brown rice, already cooked                  *red pepper flakes                  *almond flour                  *chili powder</p>
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