

<p><u>Dairy:</u> *16 oz 2% cottage cheese *unsweetened almond milk *heavy cream *(2) sm. 0% Plain Greek yogurt *(3) cheese sticks *(2) dozen eggs *(2) sticks of butter *1 c. cheddar cheese *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *8 oz bacon *2 lbs ground beef *2 ½ lbs chicken tenderloins *2 lbs ground sausage *5 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of strawberries *(2) bags of seasoning blend *(1) bag of cauli rice *(1) bag of green beans *(2) bags of cauliflower florets *2 c. okra</p>	<p><u>Produce:</u> *(4) apples *1/2 banana *(1) peach *(4) green bell peppers *(1) cucumber (for fresh veg) *1 lb strawberries *garlic *(1) small bag of spinach *(4) onions *(1) zucchini *(1) lime *celery *1/2 large head green cabbage *3 pk Romaine lettuce</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *4 quarts chicken stock *(4) 15 oz Great Northern beans *pizza sauce *(2) 10.5 oz Rotel *(1) 14 oz diced tomatoes *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *no sugar added peanut butter *on plan sweetener *protein powder, optional *vanilla extract *caramel extract *cinnamon *sparkling water *apple cider vinegar *THM Cherry Natural Burst *THM Pineapple Natural Burst *cocoa powder *old fashioned oats *Swerve brown sweetener, opt *onion powder *garlic powder *cayenne pepper *almonds *oregano *2 c. brown rice, not cooked *taco seasoning *chili powder *gluccie, optional *paprika *red pepper flakes *soy sauce *ground ginger *rice vinegar *coconut oil *almond flour *cumin *Ranch dressing (for salad) *Peppermint tea, optional</p>
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