

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *large heavy cream *(1) cheese stick *(2) sm. 0% Plain Greek yogurt *unsweetened almond milk *(3) slices of cheddar cheese *8 oz + 4 T. 1/3 less fat cream cheese *3 c. cheddar *4 c. mozzarella</p> <p><u>Meat:</u> *sausage links *pepperoni *deli ham *4 lb ground beef *1 lb boneless skinless chicken breasts</p> <p><u>Frozen:</u> *(1) bag of peas</p>	<p><u>Produce:</u> *(5) apples *(2) 3 pk Romaine lettuce *(5) green bell peppers *(1) cucumber *(4) onions *garlic *(1) lime *(1) head of broccoli *(1) red bell pepper *(1) zucchini</p> <p><u>Canned/Jarred:</u> *(2) 15 oz tomato sauce *1/2 c. chicken broth *(1) 10.5 oz Rotel *Frank's Red Hot Sauce *spaghetti sauce *1 quart vegetable broth *4 oz diced green chiles *pizza sauce</p>	<p><u>Dry Grocery:</u> *no sugar added peanut butter *85% dark chocolate *on plan sweetener *vanilla extract *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *old fashioned oats *cinnamon *Swerve Brown sweetener *protein powder, optional *cocoa powder *caramel extract *mustard *mayo *almonds *2 c. brown rice, not cooked *(3) taco seasoning *cumin *chili powder *onion powder *garlic powder *coconut oil *soy sauce *red pepper flakes *(1) 10 pack low carb tortillas *oregano *Ranch dressing (for salad) *almond flour</p>
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