

<p><b><u>Dairy:</u></b>          *1/2 gal unsweetened almond milk          *24 oz 2% cottage cheese          *heavy cream          *(1) dozen eggs          *4 c. cheddar cheese          *(2) small 0% Plain Greek yogurt          *(1) stick of butter          *1 c. Parmesan (green can is ok)          *32 oz 2% cottage cheese          *7 c. mozzarella          *8 oz cream cheese          *sour cream</p> <p><b><u>Meat:</u></b>          *sausage links          *3 lb ground beef          *6 1/2 lbs boneless skinless chicken breasts          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(1) bag of peas          *(1) bag of seasoning blend          *(1) bag of okra          *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>          *3 pk Romaine lettuce          *(4) apples          *(2) cucumbers (for fresh veg)          *(4) green bell peppers          *(5) onions          *(2) zucchini          *1 lb carrots          *garlic          *large bag of spinach          *(1) head of broccoli          *(1) red bell pepper          *1/2 large green cabbage</p> <p><b><u>Jarred/Canned:</u></b>          *(4) 8 oz tomato sauce          *4 1/2 c. chicken broth          *2 c. vegetable broth          *(4) 14 oz diced tomatoes          *(6) 15 oz Great Northern Beans          *(1) 4 oz diced green chiles          *Frank's Red Hot Sauce          *(2) 10.5 oz Rotel          *(1) 15 oz corn          *(1) pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *peanut butter          *on plan sweetener          *vanilla extract          *Ranch dressing          *almonds          *apple cider vinegar          *sparkling water          *THM Cherry Burst          *THM Pineapple Burst          *old fashioned oats          *Swerve Brown Sweetener          *cinnamon          *cocoa powder          *caramel extract          *onion powder          *garlic powder          *cayenne pepper          *coconut oil          *olive oil          *Italian seasoning          *bay leaf          *red pepper flakes          *taco seasoning          *(1) 10 pk low carb tortilla shells          *chili powder          *cumin          *oregano          *1 c. brown rice, not cooked          *soy sauce/ Bragg's liquid aminos          *rosemary          *thyme          *almond flour          *Worcestershire sauce          *paprika</p>
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