

<p><u>Dairy:</u> *large heavy cream *(2) sticks of butter *(1) dozen eggs *16 oz 2% cottage cheese *unsweetened almond milk *3 c. egg whites *2 c. cheddar cheese *sour cream *4 T. 1/3 less fat cream cheese *4 c. mozzarella</p> <p><u>Meat:</u> *deli ham *5 lbs ground beef *1 ½ lbs boneless skinless chicken breasts *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u> *(1) bag of okra *1 c. peas *(2) 16 oz cauliflower florets *(1) bag of cauli rice *(1) 12 oz broccoli</p>	<p><u>Produce:</u> *(3) apples *1 lb strawberries *(2) 3 pk Romaine lettuce *(3) green bell peppers *(1) cucumber (for fresh veg) *(5) onions *garlic *1 lb carrots *green onions *small bag of spinach *1/2 green cabbage</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *3 quarts + 1 c. chicken broth *(5) 14 oz diced tomatoes *(2) 10.5 oz Rotel *(1) 15 oz pinto beans *2/3 c. beef broth *pizza sauce *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans</p>	<p><u>Dry Grocery:</u> *old fashioned oats *cinnamon *Swerve brown sweetener *onion powder *garlic powder *cayenne pepper *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *coconut oil *cocoa powder *peanut butter *vanilla extract *Ranch dressing *85% dark chocolate *mint extract *protein powder, optional *on plan sweetener *4 c. brown rice, cooked *taco seasoning *chili powder *soy sauce/Bragg's Liquid aminos *sesame oil *red pepper flakes *paprika *Worcestershire sauce *almond flour *chili seasoning *1/2 lb green or brown lentils</p>
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