

<p><u>Dairy:</u> *(1) dozen eggs *(2) sticks of butter *1/2 gal. Unsweetened almond milk *heavy cream *24 oz 2% cottage cheese *1 c. Parmesan (green can is fine) *7 c. mozzarella *sour cream *8 oz + 4 T 1/3 less fat cream cheese</p> <p><u>Meat:</u> *7 1/2 lbs boneless skinless chicken breasts *1 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *1 c. peas</p>	<p><u>Produce:</u> *1 lb strawberries *celery *(3) apples *(3) cucumbers (for fresh veg) *(5) green bell peppers *(5) onions *garlic *large bag of spinach *(1) zucchini *1 lb carrots *(1) 3 pk Romaine lettuce *(1) head of broccoli *(1) red bell pepper *(1) lime</p> <p><u>Canned/Jarred:</u> *(1) 8 oz tomato sauce *1 quart + 1 c. chicken broth *(1) 4 oz diced green chiles *salsa *(1) 15 oz black bean *Frank's Red Hot sauce *(1) 10.5 oz Rotel *1 quart vegetable stock *pizza sauce *2 c. dry black beans or 4 c. cooked (this is in addition to what is listed above)</p>	<p><u>Dry Grocery:</u> *Sweet & Spicy tea, optional *peanut butter *apple cider vinegar *sparkling water *on plan sweetener *THM Cherry Burst *THM Pineapple Burst *old fashioned oats *Swerve Brown Sweetener *cinnamon *peppermint tea, optional *protein powder *cocoa powder *vanilla extract *peppermint extract *85% dark chocolate *Ranch dressing *Zevia Root Beer, optional *olive oil *rosemary *thyme *garlic powder *oregano *2 2/3 c brown rice, not cooked *cumin *cayenne pepper *parsley *onion powder *taco seasoning *chili powder *soy sauce *red pepper flakes *almond flour *coconut oil *paprika</p>
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