

<p><u>Dairy:</u> *(1) dozen eggs *(2) sm. 0% Plain Greek yogurt *heavy cream *unsweetened almond milk *8 oz 2% cottage cheese *1 c. cheddar *sour cream *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *sausage links *deli ham *1 lb ground sausage *(2) packs of pepperoni *5 lbs boneless skinless chicken breasts *2 lbs ground beef</p> <p><u>Frozen:</u> *2 c. okra *(1) bag of cauli rice *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(4) apples *(2) 3 pk Romaine lettuce *(4) green bell peppers *(1) cucumber (fresh veg) *(3) onions *garlic *celery *1/2 green cabbage *1 lb carrots *(1) zucchini *small bag of spinach</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *2 quarts + 1 c. chicken broth *(2) 10.5 oz Rotel *salsa *(2) pizza sauce *spaghetti sauce *(6) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *(1) 15 oz corn *2 c. vegetable broth</p>	<p><u>Dry Grocery:</u> *coconut oil *on plan sweetener *cocoa powder *no sugar added peanut butter *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *vanilla extract *old fashioned oats *Swerve Brown Sweetener, opt. *cinnamon *cayenne pepper *onion powder *garlic powder *Ranch dressing, for salad *protein powder, optional *1 c. brown rice, not cooked *basil *oregano *soy sauce *ground ginger *black pepper *rice vinegar *taco seasoning *cumin *almond flour *olive oil *Italian seasoning *bay leaf *red pepper flakes</p>
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