

<p><u>Dairy:</u> *(2) dozen eggs *(1) stick of butter *1/2 gal unsweetened almond milk *16 oz 2% cottage cheese *heavy cream *1 c. cheddar *sour cream *1 ½ c. egg whites *8 oz + 4 T 1/3 less fat cream cheese *4 c. mozzarella</p> <p><u>Meat:</u> *sausage links *5 lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of strawberries *(1) bag of seasoning blend *1 c. peas *(2) bags of cauli rice</p>	<p><u>Produce:</u> *(2) apples *(2) 3 pk Romaine lettuce *(1) cucumber (for fresh veg) *(3) green bell peppers *(4) onions *(1) red bell pepper *garlic *1 lb carrots *(1) zucchini *green onions *celery *1/2 large green cabbage (or 1 bag of coleslaw)</p> <p><u>Canned/Jarred:</u> *mayo *mustard *Sriracha *2 ½ quarts chicken broth *(1) 10.5 oz Rotel *salsa *1 quart vegetable broth *spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *no sugar added peanut butter *cocoa powder *coconut oil *on plan sweetener *apple cider vinegar *sparkling water *lime juice *THM Cherry Burst *THM Pineapple Burst *old fashioned oats *Swerve Brown Sweetener, opt *cinnamon *Ranch dressing (for salad) *mint extract *85% dark chocolate *vanilla extract *onion powder *paprika *protein powder, opt *cumin *chili powder *onion powder *garlic powder *(2) taco seasoning *1 lb lentils *olive or avocado oil *curry powder *turmeric powder *red pepper flakes *sesame oil *6 c. brown rice, cooked *soy sauce *almond flour *ground ginger *rice vinegar *black pepper</p>
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