

<p><u>Dairy:</u> *unsweetened almond milk *heavy cream *16 oz 2 % cottage cheese *(1) dozen eggs *(2) 8 oz 1/3 less fat cream cheese *4 c. mozzarella *1 ½ c. egg whites</p> <p><u>Meat:</u> *sausage links *3 ½ lbs boneless skinless chicken breasts *1 lb ground sausage *(2) 4 oz packs of pepperoni *1 ½ lb smoked sausage *3 lbs ground beef</p> <p><u>Frozen:</u> *1 c. okra *(1) bag of seasoning blend *1 c. peas *(1) bag of cauli rice</p>	<p><u>Produce:</u> *(3) apples *1 lb strawberries *(2) grapefruit *(1) cucumber (for fresh veg) *(4) green bell peppers *garlic *(1) 3 pk Romaine lettuce *(5) onions *1 lb carrots *green onions *(2) large green cabbages</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *(2) quarts chicken broth *(2) pizza sauce *(1) 4 oz diced green chiles *salsa *(2) 15 oz black beans *(1) 10.5 oz Rotel *(1) quart vegetable broth *mayo *mustard</p>	<p><u>Grocery:</u> *old fashioned oats *Swerve Brown Sweetener *cinnamon *on plan sweetener *almonds *apple cider vinegar *sparkling water *lime juice *THM Cherry Natural Burst *THM Pineapple Natural Burst *no sugar added peanut butter *cocoa powder *vanilla extract *protein powder *85% dark chocolate *onion powder *garlic powder *cayenne pepper *red pepper flakes *Ranch dressing (for salad) *basil *oregano *2 2/3 c brown rice, not cooked *olive or avocado oil *cumin *sesame oil *soy sauce *taco seasoning *chili powder *ground ginger *peppermint tea *coconut oil</p>
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