

<p><b><u>Dairy:</u></b>          *1/2 gal unsweetened almond milk          *heavy cream          *16 oz 2% cottage cheese          *(1) dozen eggs          *(2) cheese sticks          *sour cream          *(1) stick of butter          *4 c. mozzarella          *4 T. 1/3 less fat cream cheese          *Parmesan cheese</p> <p><b><u>Meat:</u></b>          *sausage links          *2 1/2 lbs boneless skinless chicken breasts          *3 lb pork shoulder          *1 1/2 lb smoked sausage          *pepperoni          *1 lb ground beef          *2 1/2 lbs chicken tenders</p> <p><b><u>Frozen:</u></b>          *strawberries          *(1) bag of seasoning blend          *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>          *(3) apples          *(1) grapefruit          *(2) 3 pk Romaine hearts          *(1) banana          *(1) peach (can use frozen)          *celery          *(4) onions          *(1) large green cabbage          *(1) jalapeno          *garlic          *zest of an orange          *(4) green bell peppers          *(1) cucumber (for fresh veg)          *(1) lime (or can use bottled juice)          *small bag of spinach</p> <p><b><u>Canned/Jarred:</u></b>          *salsa          *2 quarts chicken broth          *(1) 15 oz kidney beans          *(1) 15 oz Great Northern beans          *(2) 14 oz diced tomatoes          *Frank's Red Hot Sauce          *(2) 8 oz tomato sauce          *pizza sauce          *7 oz sun dried tomatoes</p>	<p><b><u>Dry Grocery:</u></b>          *old fashioned oats          *cinnamon          *Swerve brown sweetener, opt.          *vanilla extract          *caramel extract          *no sugar added peanut butter          *cocoa powder          *protein powder, opt.          *Ranch dressing (for salad)          *almonds          *apple cider vinegar          *sparkling water          *THM Cherry Burst          *THM Pineapple Burst          *on plan sweetener          *lime juice          *onion powder          *garlic powder          *coconut oil          *1 c. brown rice, not cooked          *oregano          *paprika          *cumin          *chili seasoning          *1/2 lb green or brown lentils          *dried parsley          *taco seasoning          *Italian seasoning          *gluccie or xanthan gum, opt</p>
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