

<p><b><u>Dairy:</u></b>          *(1) dozen eggs          *heavy cream          *16 oz 2% cottage cheese          *unsweetened almond milk          *2 c. cheddar cheese          *small 0% plain Greek yogurt          *(1) stick of butter          *Parmesan cheese          *(2) 8 oz 1/3 less fat cream cheese          *7 c. Mozzarella          *sour cream</p> <p><b><u>Meat:</u></b>          *sausage links          *deli ham (look for one with no nitrates or added sugar)          *2 lbs ground beef          *(6) boneless skinless chicken thighs          *3 ½ lbs boneless skinless chicken breasts          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(1) bag of broccoli          *(2) bags of cauli rice          *(1) bag of green beans          *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>          *(1) grapefruit          *(3) apples          *(1) cucumber, for fresh veg          *(2) green bell peppers          *1 lb strawberries          *(2) 3 pk Romaine lettuce          *24 oz spinach          *(2) onions          *1 lb carrots          *(1) zucchini          *garlic          (2) spaghetti squash</p> <p><b><u>Canned/Jarred:</u></b>          *mustard          *mayo          *1 quart chicken broth          *2 c. vegetable broth          *(1) 14 oz diced tomatoes          *(6) 15 oz Great Northern beans          *spaghetti sauce          *salsa          *(2) 10.5 oz Rotel          *(1) 15 oz corn          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *coconut oil          *no sugar added peanut butter          *on plan sweetener          *vanilla extract          *85% dark chocolate          *sparkling water          *apple cider vinegar          *lime juice          *THM Cherry Burst          *THM Pineapple Burst          *old fashioned oats          *Swerve Brown sweetener, opt          *cinnamon          *protein powder          *cocoa powder          *caramel extract, optional          *Ranch dressing (for salad)          *almonds          *garlic powder          *Italian seasoning          *oregano          *avocado or olive oil          *bay leaf          *red pepper flakes          *paprika          *taco seasoning          *cumin          *onion powder          *almond flour          *Peppermint tea, optional          *Sweet &amp; Spicy tea, optional          *Cherry Cola Zevia, optional</p>
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