

<p><u>Dairy:</u> *unsweetened almond milk *(2) dozen eggs *heavy cream *16 oz 2% cottage cheese *half and half *1 c. cheddar cheese *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *sausage links *6 oz deli ham, no nitrates if possible *2 lbs ground beef *6-8 oz Canadian bacon *pepperoni *2 ½ lbs boneless skinless chicken breasts</p> <p><u>Frozen:</u> *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *(3) apples *(1) pk Romaine lettuce *(5) onions *garlic *(4) green bell peppers *(1) red bell pepper *1 lb carrots *(1) zucchini *small bag of spinach *celery *medium green cabbage *(1) grapefruit</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *(2) quarts chicken broth *(1) 15 oz kidney beans *(3) 15 oz Great Northern beans *(3) 14 oz diced tomatoes *spaghetti sauce *2 c. vegetable broth *pizza sauce</p>	<p><u>Dry Grocery:</u> *coconut oil *cocoa powder *on plan sweetener *no sugar added peanut butter *vanilla extract *apple cider vinegar *sparkling water *lime juice *THM Cherry Burst *THM Pineapple Burst *old fashioned oats *cinnamon *cayenne pepper *onion powder *garlic powder *Ranch dressing *protein powder *caramel extract, optional *soy sauce *ground ginger *black pepper *rice vinegar *3 c. brown rice, not cooked *red pepper flakes *taco seasoning *olive or avocado oil *chili seasoning *1 lb lentils, green or brown *Italian seasoning *bay leaf *almond flour</p>
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