

<p><b><u>Dairy:</u></b>            *(1) dozen eggs            *16 oz. 2% cottage cheese            *unsweetened almond milk            *heavy cream            *large 0% Plain Greek yogurt            *2 c. cheddar cheese            *(1) stick of butter            *sour cream            *4 c. Mozzarella cheese            *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>            *2 lbs boneless skinless chicken            *2 lbs ground sausage            *1 lb bacon            *(8) pork chops            *1 lb ground beef            *pepperoni</p> <p><b><u>Frozen:</u></b>            *(2) 16 oz cauliflower florets            *2 c. okra            *(1) cauliflower rice            *(1) bag of peas</p>	<p><b><u>Produce:</u></b>            *(3) medium zucchini            *(1) grapefruit            *(2) apples            *1 lb strawberries            *(8) onions            *celery            *large bag of kale (or 2 bunches)            *(2) 3 pk Romaine lettuce            *1 lb carrots            *garlic            *(2) heads of broccoli (can use frozen)            *(2) red bell peppers            *(2) green bell pepper</p> <p><b><u>Canned/Jarred:</u></b>            *(3) quarts of chicken broth            *(1) quart of vegetable broth            *(2) 15 oz Great Northern beans            *salsa            *pizza sauce            *(2) 15 oz black beans            *(1) 10.5 oz Rotel</p>	<p><b><u>Dry Grocery:</u></b>            *old fashioned oats            *cinnamon            *Swerve brown sweetener, opt.            *apple cider vinegar            *sparkling water            *on plan sweetener            *THM Cherry Natural Burst            *THM Pineapple Natural Burst            *protein powder            *peanut butter            *cocoa powder            *vanilla extract            *almonds            *onion powder            *garlic powder            *coconut oil            *3 c. brown rice, not cooked            *red pepper flakes            *Ranch dressing (for salad)            *1/2 lb quinoa            *rosemary            *Italian seasoning            *red wine vinegar            *taco seasoning            *Frank's Red Hot sauce            *almond flour            *chili powder</p>
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