

<p><u>Dairy:</u> *(1) dozen eggs *16 oz 2% cottage cheese *1 c. cheddar cheese *heavy cream *unsweetened almond milk *(1) stick of butter *4 1/3 c. mozzarella cheese *1 1/2 c. egg whites *8 oz + 4T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *sausage links *(6) chicken thighs *2 lbs ground beef *2 1/2 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *strawberries *(3) bags of cauliflower rice *(1) bag of green beans *1 c. peas</p>	<p><u>Produce:</u> *(3) apples *3 pk Romaine lettuce *(1) grapefruit *(2) cucumbers (for fresh veg) *(4) green bell peppers *(4) onions *garlic *large bag of spinach *1 lb carrots *(1) zucchini *green onions *1 lb strawberries</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *(1) quart chicken broth *salsa *(1) 10.5 oz Rotel *(2) quarts vegetable broth *(1) 14.5 oz diced tomatoes *(2) 15 oz Great Norther beans *spaghetti sauce *pizza sauce *(1) 4 oz diced green chilies</p>	<p><u>Dry Grocery:</u> *old fashioned oats *Swerve Brown Sweetener, opt. *cinnamon *Ranch dressing (for salad) *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *low carb tortillas *peanut butter *85% dark chocolate *vanilla extract *protein powder *cocoa powder *garlic powder *onion powder *cayenne pepper *2 2/3 c. brown rice, not cooked *chili powder *basil *Italian seasoning *bay leaf *red pepper flakes *sesame oil *soy sauce *taco seasoning *almond flour *cumin *coconut oil *Peppermint tea, optional *Sweet & Spicy tea, optional</p>
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