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| <p><u>Dairy:</u> *heavy cream *(3) cheese sticks *unsweetened almond milk *16 oz 2% cottage cheese *(1) dozen eggs *2 c. cheddar cheese *(1) stick of butter *sour cream *4 T. 1/3 less fat cream cheese *4 c. Mozzarella cheese</p> <p><u>Meat:</u> *4 oz deli ham (look for nitrate free and no sugar added) *1 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(1) bag of broccoli *(2) 16 oz cauliflower florets *2 c. okra</p> | <p><u>Produce:</u> *(2) apples *(2) cucumbers (for fresh veg) *(6) green bell peppers *1 lb strawberries *(3) 3pk Romaine lettuce *(1) grapefruit *(5) onions *1 lb carrots *garlic *(1) head of green cabbage *(1) bunch of kale *(1) lime (or can use bottled)</p> <p><u>Canned/Jarred:</u> *(4) 8 oz tomato sauce *(3) quarts chicken broth *(1) quart vegetable broth *salsa *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14.5 oz diced tomatoes *pizza sauce</p> | <p><u>Dry Grocery:</u> *old fashioned oats *Swerve Brown Sweetener, opt *cinnamon *onion powder *garlic powder *cayenne pepper *almonds *THM Pineapple Burst *THM Cherry Burst *lime juice *apple cider vinegar *sparkling water *cocoa powder *protein powder *vanilla extract *Ranch dressing *peppermint tea, opt *Sweet & Spicy tea, opt *olive or avocado oil *Frank's Red Hot sauce *parsley *oregano *chili seasoning *1/2 lb brown or green lentils *(2) taco seasonings *Italian seasoning *red pepper flakes *almond flour *1 c. brown rice, not cooked</p> |
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