

<p><b><u>Dairy:</u></b>            *1/2 gallon unsweetened almond milk            *24 oz 2% cottage cheese            *heavy cream            *(1 dozen + (5) eggs            *cheese stick            *4 T. 1/3 less fat cream cheese            *(1) stick of butter            *sour cream            *1 c. cheddar cheese            *4 c. Mozzarella cheese</p> <p><b><u>Meat:</u></b>            *6 lbs ground beef            *2 1/2 lbs chicken tenderloins            *2 lbs boneless skinless chicken breasts            *pepperoni</p> <p><b><u>Frozen:</u></b>            *(1) bag of strawberries            *(1) bag of peaches            *(1) bag of cauliflower rice            *(1) bag of green beans            *2/3 c. okra            *(1) bag of broccoli            *(1) bag of peas</p>	<p><b><u>Produce:</u></b>            *(1) banana            *(1) cucumber (for fresh veg)            *(3) green bell peppers            *(1) grapefruit            *1 lb strawberries            *1 pint of blueberries            *(2) apples            *(3) 3 pks Romaine lettuce            *celery            *(4) onions            *garlic            *1/2 large green cabbage            *(2) heads of broccoli (can use 1 bag of frozen instead, this would be in addition to what is already listed in the frozen section)            *(2) red bell peppers</p> <p><b><u>Canned/Jarred:</u></b>            *(2) 8 oz tomato sauce            *(2) quarts chicken stock            *(4) 14.5 oz diced tomatoes            *(1) 15 oz kidney beans            *(1) 15 oz Great Northern beans            *salsa            *(1) 6 oz tomato paste            *yellow mustard</p>	<p><b><u>Dry Grocery:</u></b>            *vanilla extract            *protein powder, opt            *on plan sweetener            *onion powder            *garlic powder            *cayenne pepper            *apple cider vinegar            *sparkling water            *THM Cherry Burst            *THM Pineapple Burst            *lime juice            *coconut oil            *peanut butter (no sugar added)            *85% dark chocolate            *cocoa powder            *old fashioned oats            *cinnamon            *Swerve Brown sweetener, opt.            *Ranch dressing (for salad)            *almonds            *olive or avocado oil            *(1) taco seasoning            *chili powder            *paprika            *gluccie or xanthan gum, opt.            *Worcestershire sauce            *Liquid aminos or soy sauce            *chili seasoning            *1/2 lb green or brown lentils            *2 c. brown rice, not cooked            *Frank's Red Hot sauce            *red pepper flakes            *almond flour            *salt &amp; pepper            *Sweet &amp; Spicy tea            *peppermint tea            *Grape Zevia</p>
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