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| <p><u>Dairy:</u> *24 oz 2% cottage cheese *unsweetened almond milk *heavy cream *(1) dozen eggs *(1) stick of butter *(2) cheese sticks *(1) small 0% Plain Greek yogurt *4 1/3 c. Mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *1 lb boneless skinless chicken breasts *1 lb ground beef *(6) boneless skinless chicken thighs *1 1/2 lb smoked sausage *2 lb ground turkey *pepperoni</p> <p><u>Frozen:</u> *(2) bags of cauliflower rice *(1) bag of broccoli *(1) bag of seasoning blend *16 oz diced okra</p> | <p><u>Produce:</u> *(3) apples *(1) grapefruit *celery *(4) onions *(2) cucumbers (for fresh veg) *(3) green bell peppers *1 lb strawberries *garlic *(1) 3 pk Romaine lettuce *small bag of spinach *large head of green cabbage</p> <p><u>Canned/Jarred:</u> *mayo *(2) 8 oz tomato sauce *1 c. chicken broth *(2) 15 oz green beans *salsa *(3) 10.5 oz Rotel *spaghetti sauce *(2) 14.5 oz diced tomatoes *(1) 15 oz pinto beans *(1) 15 oz corn *pizza sauce</p> | <p><u>Dry Grocery:</u> *old fashioned oats *cinnamon *Swerve Brown sweetener *peanut butter *on plan sweetener *protein powder *garlic powder *onion powder *cayenne pepper *salt & pepper *almonds *vanilla extract *cocoa powder *basil *2 c. brown rice, not cooked *chili powder *cumin *almond flour *beef bouillon cube *Tony Chachre's Seasoning *2 lb dry black eyed peas *coconut oil *Peppermint tea, optional *Sweet & Spicy tea, optional</p> |
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