

<p><b><u>Dairy:</u></b>            *16 oz. 2% cottage cheese            *unsweetened almond milk            *(2) dozen eggs            *(1) large 0% Plain Greek yogurt            *5 c. mozzarella cheese            *(2) cheese sticks            *heavy cream            *8 oz 1/3 less fat cream cheese            *2 c. cheddar cheese            *1 ½ c. egg whites            *sour cream</p> <p><b><u>Meat:</u></b>            *2 lbs ground beef            *(6) boneless skinless chicken thighs            *8 oz bacon (look for no sugar added and nitrate free)            *1 ½ lbs boneless skinless chicken breasts            *pepperoni</p> <p><b><u>Frozen:</u></b>            *(1) bag of broccoli            *(2) bags of cauliflower rice            *1 c. peas</p>	<p><b><u>Produce:</u></b>            *1 lb strawberries            *(1) grapefruit            *(5) green bell peppers            *(2) cucumbers (for fresh veg)            *(2) apples            *(2) 3 pk Romaine lettuce            *celery            *(4) onions            *garlic            *(1) green cabbage            *1 lb carrots            *(2) zucchini            *(1) small bag of spinach            *green onions</p> <p><b><u>Canned/Jarred:</u></b>            *mayo            *mustard            *(2) 8 oz tomato sauce            *2 c. chicken stock            *2 c. vegetable stock            *(1) 14.5 oz diced tomatoes            *(2) 15 oz Great Northern beans            *(2) 15 oz green beans            *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>            *on plan sweetener            *old fashioned oats            *vanilla extract            *cinnamon            *coconut oil            *no sugar-added peanut butter            *almonds            *Peppermint tea, optional            *Sweet &amp; Spicy tea, optional            *garlic powder            *onion powder            *cayenne pepper            *protein powder            *cocoa powder            *Ranch dressing (for salad)            *apple cider vinegar            *sparkling water            *THM cherry burst            *THM pineapple burst            *lime juice            *salt &amp; pepper            *olive or avocado oil            *Italian seasoning            *bay leaf            *red pepper flakes            *paprika            *sesame oil            *4 c. cooked brown rice            *soy sauce            *almond flour            *taco seasoning</p>
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