

<p><u>Dairy:</u> *large heavy cream *(3) cheese sticks *(2) dozen eggs *1/2 gallon unsweetened almond milk *16 oz 2% cottage cheese *(2) sticks of butter *4 1/3 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *1 lb bacon *4 oz deli ham *1 lb ground beef *(6) boneless skinless chicken thighs *5 lbs chicken drumsticks *pepperoni</p> <p><u>Frozen:</u> *strawberries *peaches *(2) cauliflower rice *(1) bag of broccoli *(1) 16 oz okra</p>	<p><u>Produce:</u> *(2) apples *(4) green bell peppers *(2) cucumbers *(2) 3 pk Romaine lettuce *celery *(1) banana *(3) onions *garlic *small bag of spinach</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *(2) quarts chicken broth *spaghetti sauce *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14.5 oz diced tomatoes *(2) 15 oz green beans *(2) 15 oz black beans *(1) 10.5 oz Rotel *pizza sauce</p>	<p><u>Dry Grocery:</u> *old fashioned oats *cinnamon *on plan sweetener *Swerve Brown Sweetener, opt *garlic powder *onion powder *cayenne pepper *almonds *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *ranch dressing, for salads *peanut butter *vanilla extract *protein powder *85% dark chocolate *olive or avocado oil *chili seasoning *1/2 lb green or brown lentils *salt & pepper *basil *chili powder *1 c. brown rice, not cooked *paprika *cumin *almond flour *2 lbs dry black eyed peas *(1) beef bouillon cube *Tony Chachere's seasoning *cocoa powder *peppermint tea *Sweet & Spicy tea *Grape Zevia</p>
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