

<p><b><u>Dairy:</u></b>                  *(2) cheese sticks                  *(1) dozen eggs                  *(2) sticks of butter                  *(1) 16 oz 2% cottage cheese                  *heavy cream                  *(1) sm. 0% Plain Greek yogurt                  *1/2 gal unsweetened almond milk                  *5 c. mozzarella                  *sour cream                  *2 c. cheddar cheese</p> <p><b><u>Meat:</u></b>                  *(1) package sausage links                  *6 oz deli ham                  *1 ½ lb smoked sausage                  *(6) boneless skinless chicken thighs                  *3 lbs ground beef                  *2 lbs ground turkey                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of strawberries                  *peaches                  *(2) bags of broccoli                  *(1) bag of cauliflower rice                  *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *(2) apples                  *(1) 3 pk Romaine lettuce                  *(2) cucumbers                  *(4) green bell peppers                  *1 lb strawberries                  *(1) banana                  *(3) onions                  *garlic                  *(2) heads of green cabbage                  *1 lb carrots                  *(1) zucchini                  *(1) bag of spinach</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 8 oz tomato sauce                  *(2) quarts chicken stock                  *(6) 15 oz green beans                  *(3) 14.5 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *(1) 15 oz pinto beans                  *(1) 15 oz corn                  *pizza sauce                  *mayo                  *(1) 8 oz mushrooms</p>	<p><b><u>Dry Grocery:</u></b>                  *old fashioned oats                  *Brown Swerve sweetener, opt                  *cinnamon                  *almonds                  *apple cider vinegar                  *sparkling water                  *lime juice                  *THM Cherry Burst                  *THM Pineapple Burst                  *Ranch dressing, for salad                  *peanut butter                  *85% dark chocolate                  *on plan sweetener                  *garlic powder                  *onion powder                  *cayenne pepper, optional                  *vanilla extract                  *protein powder                  *salt &amp; pepper                  *avocado or olive oil                  *chili seasoning                  *1/2 lb brown or green lentils                  *taco seasoning                  *Worcestershire sauce                  *paprika                  *oregano                  *basil                  *3 c. cooked brown rice                  *soy sauce                  *red pepper flakes                  *almond flour                  *Peppermint tea, optional</p>
-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------