

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *24 oz 2% cottage cheese *unsweetened almond milk *heavy cream *(1) cheese stick or 1 oz cheese *16 oz sour cream *2 c. cheddar cheese *4 1/3 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *sauasge links *6 oz deli ham *2 lbs ground beef *1 lb boneless skinless chicken breasts *(6) boneless skinless chicken thighs *pepperoni *2 lbs steak (or whatever will feed your family size)</p> <p><u>Frozen:</u> *(1) bag of strawberries *(1) bag of peaches *(1) bag of broccoli *(1) bag of peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *(2) 3 pk Romaine lettuce *(2) apples *(2) cucumbers *(5) green bell peppers *(1) banana *garlic *(3) onions *(1) green cabbage *(1) red bell pepper *small bag of spinach *(1) head of broccoli *(1) head of cauliflower *1 lb Brussel sprouts</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *(2) quarts chicken broth *(2) 15 oz green beans *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(4) 14.5 oz diced tomatoes *salsa *(1) quart beef broth *32 oz tomato juice *Frank's Red Hot sauce *pizza sauce *(2) 15 oz black beans *(1) 10.5 oz Rotel</p>	<p><u>Dry Grocery:</u> *on plan sweetener *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *peanut butter *cocoa powder *protein powder *coconut oil *Ranch dressing *85% dark chocolate *chili powder *almond flour *old fashioned oats *almonds *cinnamon *Swerve Brown sweetener, opt *peppermint tea, optional *collagen, optional *vanilla extract *salt & pepper *onion powder *garlic powder *cayenne pepper, opt *olive or avocado oil *chili seasoning *1/2 lb green or brown lentils *taco seasoning *Worcestershire sauce *paprika *oregano *basil *2 1/2 c. brown rice, not cooked *soy sauce *red pepper flakes</p>
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