

<p><u>Dairy:</u> *(2) sm. 0% Plain Greek yogurt *heavy cream *(2) sticks of butter *unsweetened almond milk *24 oz 2% cottage cheese *(1) dozen eggs *4 oz sharp cheddar *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *sausage links *13-16 oz smoked sausage *5 lbs chicken drumsticks *5 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of strawberries *peaches *(2) bags of broccoli *(1) bag of cauliflower rice *2/3 c. okra</p>	<p><u>Produce:</u> *(2) apples *(2) cucumbers (for fresh veg) *(4) green bell peppers *(1) banana *(3) 3 pk Romaine lettuce *(4) onions *small bag of spinach *garlic *(1) lime (can be bottled) *(2) green cabbage heads</p> <p><u>Canned/Jarred:</u> *(5) 8 oz tomato sauce *spaghetti sauce *1 c. chicken broth *(4) 14.5 oz diced tomatoes *pizza sauce *1 qt. Beef broth *32 oz tomato juice</p>	<p><u>Dry Grocery:</u> *on plan sweetener *cinnamon *onion powder *garlic powder *cayenne pepper, optional *peanuts *caramel extract *vanilla extract *peanut butter *lime juice *sparkling water *apple cider vinegar *THM Cherry Burst *THM Pineapple Burst *Ranch dressing, for salad *85% dark chocolate *2 c. brown rice, not cooked *chili powder *salt & pepper *avocado or olive oil *balsamic vinegar *soy sauce *paprika *cumin *taco seasoning *Worcestershire sauce *almond flour *oregano *basil</p>
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