

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *heavy cream *(2) cheese sticks *16 oz 2% cottage cheese *unsweetened almond milk *large 0% plain Greek yogurt *4 1/3 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *sausage links *2 lbs ground turkey *1 1/2 lbs smoked sausage *(6) boneless skinless chicken thighs *1 lb boneless skinless chicken breasts *pepperoni *1 lb ground beef</p> <p><u>Frozen:</u> *(1) bag of strawberries *(1) bag of peaches *(1) bag of seasoning blend *(2) bags of broccoli *(2) bags of cauliflower rice *1/2 bag of peas</p>	<p><u>Produce:</u> *celery *(3) apples *(1) 3 pk Romaine lettuce *(1) banana *1 lb strawberries *(1) head of green cabbage *garlic *(1) onion *(4) green bell peppers *(2) cucumbers *small bag of spinach *(1) red bell pepper</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *6 c. chicken broth *(3) 14.5 oz diced tomatoes *(1) 15 oz pinto beans *(1) 15 oz corn *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 15 oz green beans *pizza sauce *spaghetti sauce</p>	<p><u>Dry Grocery:</u> *garlic powder *onion powder *cayenne pepper, optional *salt & pepper *almonds *sparkling water *apple cider vinegar *lime juice *THM Cherry Burst *THM Pineapple Burst *85% dark chocolate *mint extract *vanilla extract *protein powder *peanut butter *cinnamon *on plan sweetener *Ranch dressing, for salad *paprika *oregano *basil *3 c. brown rice, cooked *chili powder *cumin *olive or avocado oil *chili seasoning *1/2 lb green or brown lentils *soy sauce *Frank's Red Hot sauce *red pepper flakes *almond flour *Peppermint tea, optional *Zevia Ginger Root Beer, opt</p>
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