

<p><u>Dairy:</u> *(1) Stick of butter *(1) dozen eggs *heavy cream *24 oz 2% cottage cheese *unsweetened almond milk *(2) cheese sticks *(1) sm. 0% Plain Greek yogurt *sour cream *1 c. cheddar cheese *1 ½ c. egg whites *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese *4 oz sharp cheddar cheese</p> <p><u>Meat:</u> *sausage links *2 lbs ground beef *5 lbs chicken drumsticks *1 ½ lbs boneless skinless chicken breasts *pepperoni *13 to 16 oz smoked sausage</p> <p><u>Frozen:</u> *(1) bag of strawberries *1/2 bag of peaches *(1) bag of cauliflower rice *(1) bag of broccoli *1 c. peas</p>	<p><u>Produce:</u> *1 lb strawberries *(1) cucumber, for fresh veg *(3) green bell peppers *(1) banana *(3-4) 3 pk Romaine lettuce *(2) apples *(3) onions *garlic *(1) lime (can use bottled juice) *1 lb carrots *(1) zucchini *(1) large bag of spinach</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *1 c. chicken broth *2 c. vegetable broth *(1) 14.5 oz diced tomatoes *(2) 15 oz Great Norther beans *salsa *pizza sauce</p>	<p><u>Dry Grocery:</u> *onion powder *garlic powder *cayenne pepper, opt *on plan sweetener *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *vanilla extract *protein powder, optional *Ranch dressing, for salad *peanut butter *85% dark chocolate *cocoa powder *almonds *mint extract *cinnamon *5 c. brown rice, cooked *(2) taco seasonings *paprika *cumin *chili powder *avocado or olive oil *Italian seasoning *bay leaf *salt & pepper *red pepper flakes *sesame oil *soy sauce *almond flour *balsamic vinegar *peanuts *peppermint tea, optional</p>
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