

<p><b><u>Dairy:</u></b>                  *(1) dozen eggs                  *(1) stick of butter                  *heavy cream                  *large 0% Plain Greek yogurt                  *(2) cheese sticks                  *unsweetened almond milk                  *1 c. cheddar cheese                  *sour cream                  *4 c. mozzarella cheese                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *2 lbs ground turkey                  *1 ½ lbs smoked sausage                  *3 lbs boneless skinless chicken breasts                  *1 lb ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *strawberries                  *peaches                  *(4) bags of seasoning blend                  *(2) bags of broccoli                  *1/2 bag of peas</p>	<p><b><u>Produce:</u></b>                  *1 lb strawberries                  *(3) apples                  *(2) 3 pk Romaine lettuce                  *(1) banana                  *(3) green bell peppers                  *(2) cucumbers                  *garlic                  *(1) head of green cabbage                  *(1) red bell pepper                  *(1) onion</p> <p><b><u>Canned/Jarred:</u></b>                  *(1) 8 oz tomato sauce                  *3 quarts chicken broth                  *(4) 14 oz diced tomatoes                  *(4) 15 oz pinto beans                  *(1) 15 oz corn                  *salsa                  *(1) 10.5 oz Rotel                  *(3) 15 oz Great Northern beans                  *pizza sauce                  *(1) 15 oz red beans</p>	<p><b><u>Dry Grocery:</u></b>                  *peanut butter                  *on plan sweetener                  *85% dark chocolate                  *apple cider vinegar                  *sparkling water                  *lime juice                  *THM Cherry Burst                  *THM Pineapple Burst                  *cinnamon                  *almonds                  *protein powder                  *vanilla extract                  *garlic powder                  *onion powder                  *cayenne pepper                  *cocoa powder                  *salt &amp; pepper                  *oregano                  *4 c. brown rice, cooked                  *chili powder                  *cumin                  *coconut oil                  *soy sauce                  *Frank's Red Hot sauce                  *taco seasoning                  *almond flour                  *parsley                  *Tony Chachere's seasoning                  *ground sage                  *1 ½ c. quinoa</p>
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