

<p><u>Dairy:</u> *unsweetened almond milk *heavy cream *(2) cheese sticks *large 0% Plain Greek yogurt *1 ½ dozen eggs *16 oz 2% cottage cheese *(1) stick of butter *8 oz 1/3 less fat cream cheese *5 c. mozzarella cheese *3 c. cheddar cheese *4 oz sharp cheddar cheese</p> <p><u>Meat:</u> *(6) boneless skinless chicken thighs *8 oz bacon *13 to 16 oz smoked sausage *pepperoni *2 lb ground beef</p> <p><u>Frozen:</u> *(1) bag of strawberries *(1) bag of peaches *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *(6) green bell peppers *(3) cucumbers (for fresh veg) *(2) apples *1/2 of a banana *pint of blueberries *2 lbs strawberries *garlic *(5) onions *1 lb carrots *(1) zucchini *(3) 3 pack Romaine lettuce *small bag of spinach *(3) tomatoes</p> <p><u>Canned/Jarred:</u> *(1) 8 oz tomato sauce *1 quart + 1 c. chicken broth *(2) 15 oz green beans *(1) 4 oz green chiles *salsa *(2) 15 oz black beans *4 c. pinto beans, cooked *pizza sauce *1/2 c. beef broth *dill pickles *mayo *ketchup *hot sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder, optional *vanilla extract *apple cider vinegar *lime juice *THM Cherry Burst *THM Pineapple Burst *on plan sweetener *cinnamon *garlic powder *onion powder *cayenne pepper *almonds *85% dark chocolate *old fashioned oats *mint extract *peppermint tea, optional *collagen, optional *coconut oil *avocado or olive oil *salt & pepper *paprika *red pepper flakes *2/3 c. brown rice, not cooked *cumin *Ranch dressing, for salad *balsamic vinegar *liquid aminos or soy sauce *peanuts *(1) 10 pack low carb tortillas *chili powder *almond flour *Worcestershire sauce *sesame seeds, optional *Strawberry Zevia, optional</p>
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