

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *heavy cream *(2) small 0% Plain Greek yogurt *unsweetened almond milk *16 oz 2% cottage cheese *(2) string cheese *2 c. cheddar cheese *sour cream *1 ½ c. egg whites *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *3 lbs ground beef *6 slices of bacon *1 ½ lb smoked sausage *3 lbs boneless skinless chicken breasts *pepperoni *2 lbs chicken thighs</p> <p><u>Frozen:</u> *(2) bags of broccoli *1 c. peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *1-2 lb strawberries *(3) 3 pk Romaine lettuce *(2) cucumbers *(2) medium green cabbage *(1) small red cabbage *(2) apples *(3) green bell peppers *(2) onions *1 lb carrots *green onions *garlic</p> <p><u>Canned/Jarred:</u> *mayo *(4) 15 oz black beans *salsa *(1) 10.5 oz Rotel *(1) 14.5 oz diced tomatoes *5 c. chicken stock *pizza sauce *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *on plan sweetener *apple cider vinegar *almonds *peanut butter *caramel extract *cinnamon *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *cocoa powder *protein powder, optional *Ranch dressing *85% dark chocolate *mint extract *old fashioned oats *paprika *salt & pepper *3 c. brown rice, not cooked *chili powder *onion powder *garlic powder *1 c. quinoa *chili seasoning *taco seasoning *sesame oil *soy sauce *red pepper flakes *almond flour *Peppermint tea, optional *Zevia, optional *collagen, optional</p>
---	--	---