

<p><b><u>Dairy:</u></b>          *(1) dozen eggs          *(1) stick of butter          *heavy cream          *(3) cheese sticks          *large 0% Plain Greek yogurt          *16 oz 2% cottage cheese          *unsweetened almond milk          *8 oz 1/3 less fat cream cheese          *2 c. cheddar cheese          *4 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>          *5 lbs ground beef          *(8) slices of bacon          *2 ½ lbs chicken tenders          *pepperoni          *4 lbs chicken drumsticks          *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b>          *(1) bag of strawberries          *(1) bag of peaches          *2/3 c. okra          *(2) bags of broccoli          *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>          *1 lb strawberries          *(2) cucumbers (for fresh veg)          *(3) green bell peppers          *(2) apples          *(3) 3pk Romaine lettuce          *1/2 banana          *(4) onions          *garlic          *(1) lime          *(1) medium green cabbage          *(3) tomatoes</p> <p><b><u>Canned/Jarred:</u></b>          *(4) 8 oz tomato sauce          *1 c. chicken broth          *(2) 14 oz corn          *2/3 c. beef broth          *(4) 14.5 oz diced tomatoes          *dill pickles or relish          *mayo          *ketchup          *pizza sauce          *(1) 15 oz pinto beans</p>	<p><b><u>Dry Grocery:</u></b>          *onion powder          *garlic powder          *cayenne pepper          *almonds          *apple cider vinegar          *sparkling water          *lime juice          *THM Cherry Burst          *THM Pineapple Burst          *on plan sweetener          *cinnamon          *peppermint tea, optional          *collagen, optional          *Ranch dressing (for salad)          *mint extract          *85% dark chocolate          *protein powder, optional          *peanut butter          *Zevia Root Beer, optional          *vanilla extract          *2 c. brown rice, not cooked          *dried parsley          *salt &amp; pepper          *red pepper flakes          *coconut oil          *paprika          *Worcestershire sauce          *sesame seeds          *hot sauce          *almond flour          *cumin          *chili powder          *taco seasoning</p>
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