

<p><b><u>Dairy:</u></b>                  *1/2 gal. Unsweetened almond milk                  *16 oz 2% cottage cheese                  *heavy cream                  *(1) dozen eggs                  *(2) cheese sticks                  *(3) sm 0% Plain Greek yogurt (or 1 large with leftovers)                  *sliced cheese (for deli rollups)                  *(1) stick of butter                  *8 oz 1/3 less fat cream cheese                  *5 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>                  *4 oz deli ham                  *1 lb ground beef                  *(6) boneless skinless chicken thighs                  *1 1/2 lb smoked sausage                  *4 lbs ground turkey                  *pepperoni                  *1 1/2 lbs boneless skinless chicken breasts</p> <p><b><u>Frozen:</u></b>                  *strawberries                  *peaches                  *(1) bag of cauliflower rice                  *(1) bag of broccoli                  *(1) bag of seasoning blend                  *1 c. peas</p>	<p><b><u>Produce:</u></b>                  *(1) cucumber                  *(3) green bell peppers                  *1 lb strawberries                  *(2) apples                  *(3) 3 pk Romaine lettuce                  *1/2 banana                  *celery                  *(1) pint blueberries                  *(2) onions                  *garlic                  *(1) lime (can use bottled juice)                  *(1) large green cabbage                  *(1) pint of cherry tomatoes                  *1 lb carrots                  *(1) red onion                  *(1) lemon (can use bottled juice)</p> <p><b><u>Canned/Jarred:</u></b>                  *mayo                  *mustard                  *(2) 8 oz tomato sauce                  *(3) 14 oz corn                  *1 c. chicken stock                  *(4) 15 oz green beans                  *(3) 15 oz pinto beans                  *(1) 15 oz black beans                  *pizza sauce                  *Dijon mustard                  *(2) 14.5 oz diced tomatoes</p>	<p><b><u>Dry Grocery:</u></b>                  *Ranch dressing (for salad)                  *2 c. brown rice, not cooked                  *taco seasoning                  *avocado or olive oil                  *salt &amp; pepper                  *paprika                  *red pepper flakes                  *onion powder                  *garlic powder                  *chili powder                  *cumin                  *dried parsley                  *almond flour                  *1 c. lentils                  *thyme                  *cayenne pepper                  *peanut butter                  *on plan sweetener                  *coconut oil                  *cocoa powder                  *almonds                  *apple cider vinegar                  *sparkling water                  *THM Cherry Burst                  *THM Pineapple Burst                  *lime juice                  *cinnamon                  *protein powder                  *vanilla extract                  *85% dark chocolate</p>
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