

<p><b><u>Dairy:</u></b>                  *16 oz 2% cottage cheese                  *unsweetened almond milk                  *heavy cream                  *(2) wedges of Light Laughing Cow Cheese                  *1g. 0% Plain Greek yogurt                  *(1) dozen eggs                  *(1) stick of butter                  *3 c. cheddar cheese                  *sour cream                  *1 ½ c. egg whites                  *4 T 1/3 less fat cream cheese                  *4 c. Mozzarella cheese                  *2 T Parmesan cheese</p> <p><b><u>Meat:</u></b>                  *2 lbs ground turkey                  *5 lbs ground beef                  *3 ½ lbs boneless skinless chicken breasts                  *pepperoni                  *(6) slices of bacon</p> <p><b><u>Frozen:</u></b>                  *(3) bags of cauliflower rice                  *(1) bag of peas</p>	<p><b><u>Produce:</u></b>                  *(4) green bell peppers                  *(3) cucumbers                  *celery                  *(2) apples                  *(3) 3 pk Romaine letuce                  *1 lb strawberries                  *(1) grapefruit                  *(3) onions                  *garlic                  *1 lb carrots                  *green onions                  *(3) tomatoes                  *(1) medium green cabbage                  *(1) small red cabbage                  *(2) heads of broccoli                  *(2) red bell peppers</p> <p><b><u>Canned/Jarred:</u></b>                  *salsa                  *1/2 c. beef broth                  *dill pickles or relish                  *mayo                  *ketchup                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *peanut butter                  *vanilla extract                  *protein powder                  *on plan sweetener                  *apple cider vinegar                  *sparkling water                  *lime juice                  *THM Pineapple burst                  *THM Cherry burst                  *cinnamon                  *Ranch dressing, for salad                  *peanuts                  *caramel extract                  *cocoa powder                  *10 c. brown rice, cooked                  *chili powder                  *garlic powder                  *cumin                  *salt &amp; pepper                  *cayenne pepper, optional                  *sesame oil                  *ground ginger                  *red pepper flakes                  *coconut oil                  *Worcestershire sauce                  *paprika                  *sesame seeds                  *Tabasco sauce                  *almond flour                  *onion powder                  *parsley                  *chives                  *taco seasoning                  *Sriracha                  *soy sauce</p>
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