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| <p><u>Dairy:</u> *1/2 gal unsweetened almond milk *24 oz 2% cottage cheese *heavy cream * (1) dozen eggs *large 0% Plain Greek yogurt *(1) stick of butter *3 c. cheddar cheese *sour cream, for topping *(6) Light Laughing Cow wedges *Parmesan cheese *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese *2 c. sharp cheddar cheese</p> <p><u>Meat:</u> *3 lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni *2 lbs steak *4 oz bacon *1 1/2 lbs smoked sausage</p> <p><u>Frozen:</u> *(1) bag of strawberries *(1) bag of peaches *1/2 bag of peas *(1) bag of broccoli *(2) bags of cauli rice *(2) 10 oz. Spinach *(2) 10 oz cauliflower florets</p> | <p><u>Produce:</u> *(1) banana *(1) cucumber *(3) green bell peppers *(1) pint blueberries *(2) apples *1 lb strawberries *garlic *(3) 3 pk Romaine lettuce *(3) onions *(1) pint cherry tomatoes *(1) lemon *green onions *(1) large green cabbage</p> <p><u>Canned/Jarred:</u> *mayo *mustard *2 1/2 c. chicken broth *4 oz diced green chiles *(2) 8 oz tomato sauce *(2) 15 oz pinto beans *(1) 15 oz black beans *(1) 15 oz corn *pizza sauce *1/2 c. beef broth</p> | <p><u>Dry Grocery:</u> *peanut butter *protein powder *vanilla extract *on plan sweetener *THM Cherry Burst *THM Pineapple Burst *apple cider vinegar *sparkling water *lime juice *almonds *85% dark chocolate *2 c. brown rice, not cooked *coconut oil *red pepper flakes *taco seasoning *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *salt & pepper *cumin *oregano *(1) chicken bouillon cube *marjoram *cayenne pepper *paprika *parsley *almond flour *ground ginger *seasoned salt</p> |
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