

<p><u>Dairy:</u> *1g. 0% Plain Greek yogurt *heavy cream *(1) dozen eggs *unsweetened almond milk *8 oz 2% cottage cheese *(1) stick of butter *sour cream *4 T 1/3 less fat cream cheese *4 c. mozzarella cheese *sliced cheese</p> <p><u>Meat:</u> *6 oz deli ham *4 lb ground beef *6 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of strawberries *(1) bag of peaches *(1) bag of seasoning blend *(1) bag of cauliflower rice *(1) bag of broccoli *2/3 c. okra</p>	<p><u>Produce:</u> *1 lb strawberries *celery *(2) 3 pk Romaine lettuce *(1) cucumber (for fresh veg) *(3) green bell peppers *(1) apple *1/2 banana *1 pint blueberries *1/2 green cabbage *(3) onions *garlic *(2) limes *green onions *(1) bunch of cilantro</p> <p><u>Canned/Jarred:</u> *mayo *mustard *1/2 c. chicken broth *(3) 8 oz tomato sauce *spaghetti sauce *(2) 15 oz black beans *pizza sauce *2/3 c. beef broth *(2) 14.5 oz diced tomatoes *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *peanut butter *vanilla extract *85% dark chocolate *on plan sweetener *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *cinnamon *protein powder *almonds *salt & pepper *onion powder *garlic powder *Ranch dressing, for salad *2 c. brown rice, not cooked *taco seasoning *Frank's Red Hot sauce *parsley *olive oil *red wine vinegar *basil *almond flour *coconut oil *Worcestershire sauce *cayenne pepper *Bragg's Aminos or soy sauce</p>
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