

<p><u>Dairy:</u> *(1) dozen eggs *(2) sticks of butter *heavy cream *large 0% Plain Greek yogurt *unsweetened almond milk *16 oz 2% cottage cheese *8 oz + 4 T 1/3 less fat cream cheese *14 oz 1% cottage cheese *5 c. mozzarella cheese *4 oz sharp cheddar cheese *1 1/2 c. egg whites</p> <p><u>Meat:</u> *2 lbs ground beef *2 1/2 lb rump roast *13 to 16 oz smoked sausage *pepperoni *3 lbs boneless skinless chicken breasts</p> <p><u>Frozen:</u> *strawberries *peaches *(1) bag of broccoli *2 c. peas *(1) bag cauliflower rice</p>	<p><u>Produce:</u> *1 lb strawberries *(1) pint blueberries *(3) 3pk Romaine lettuce *1/2 of a banana *celery *(1) apple *(1) cucumber (for fresh veg) *(3) green bell peppers *(3) onions *garlic *(1) turnip *1 lb carrots *(2) 16 oz spinach *(1) small red onion *(1) lemon *green onions</p> <p><u>Canned/Jarred:</u> *(2) 15 oz black beans *(1) 10.5 oz Rotel *salsa *pepperocini peppers *20 oz spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *85% dark chocolate *vanilla extract *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *on plan sweetener *Ranch dressing, for salad *almonds *protein powder *cinnamon *cocoa powder *coconut oil *salt & pepper *onion powder *paprika *cayenne pepper *chili powder *dried parsley *chives *garlic powder *dill *1 c. brewed coffee *oregano *extra virgin olive oil *balsamic vinegar *Bragg's Aminos or soy sauce *peanuts *almond flour *1 c. lentils *thyme *Dijon mustard *sesame oil *3 c. brown rice, not cooked *red pepper flakes</p>
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