

<p><b><u>Dairy:</u></b>                  *unsweetened almond milk                  *heavy cream                  *24 oz 2% cottage cheese                  *(1) dozen eggs                  *(1) stick of butter                  *sliced cheese of your choice                  *1g 0% Plain Greek yogurt                  *3 c. cheddar cheese                  *sour cream                  *4 c. mozzarella cheese                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *6 oz deli ham                  *2 ½ lb boneless skinless chicken breasts                  *4 lbs ground beef                  *pepperoni                  *1 ½ lb smoked sausage                  *2 lb beef tips</p> <p><b><u>Frozen:</u></b>                  *strawberries                  *peaches                  *(2) bags of cauliflower rice</p>	<p><b><u>Produce:</u></b>                  *1 lb strawberries                  *(3) 3 pk Romaine lettuce                  *(2) cucumbers (for fresh veg)                  *(5) green bell peppers                  *1/2 banana                  *celery                  *1 pint blueberries                  *green onions                  *garlic                  *(3) onions                  *1 pint cherry tomatoes                  *(1) summer squash                  *large green cabbage</p> <p><b><u>Canned/Jarred:</u></b>                  *mayo                  *mustard                  *4 oz green chilies                  *(2) 8 oz tomato sauce                  *1 ½ c salsa verde                  *spaghetti sauce                  *(2) 15 oz pinto beans                  *(1) 15 oz black beans                  *(1) 15 oz corn                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *peanut butter                  *vanilla extract                  *protein powder                  *on plan sweetener                  *almonds                  *salt and pepper                  *2 c. brown rice, cooked                  *taco seasoning                  *(1) 10 low carb tortilla shells                  *chili powder                  *garlic powder                  *onion powder                  *cumin                  *oregano                  *lime juice                  *paprika                  *ranch dressing, for salad                  *parsley                  *almond flour                  *olive oil                  *molasses                  *ground ginger                  *dry mustard                  *sparkling water                  *apple cider vinegar                  *THM Pineapple Burst                  *THM Cherry Burst</p>
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