

<p><b><u>Dairy:</u></b>          *unsweetened almond milk          *16 oz 2% cottage cheese          *heavy cream          *(1) dozen eggs          *large 0% Plain Greek yogurt          *(1) stick of butter          *3 c. cheddar cheese          *Ricotta cheese          *4 c. mozzarella cheese          *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>          *6 oz deli ham          *5 lbs ground beef          *2 lbs boneless skinless chicken breasts          *pepperoni          *1/2 lb bacon</p> <p><b><u>Frozen:</u></b>          *peaches          *strawberries          *(1) bag of broccoli          *(1) bag of cauliflower rice</p>	<p><b><u>Produce:</u></b>          *(2) cucumbers          *(3) green bell peppers          *1 lb strawberries          *(1) pint of blueberries          *(3) 3pk Romaine lettuce          *celery          *1/2 of a banana          *(3) onions          *cilantro          *2-3 lb spaghetti squash          *garlic          *(2) heads of broccoli          *(1) zucchini          *(1) small bag of spinach          *(3) tomatoes</p> <p><b><u>Canned/Jarred:</u></b>          *mayo          *mustard          *(2) 15 oz mild chili beans          *spaghetti sauce          *pizza sauce          *2 c. vegetable broth          *(1) 14 oz diced tomatoes          *(2) 15 oz Great Northern beans          *dill pickles or relish          *ketchup</p>	<p><b><u>Dry Grocery:</u></b>          *peanut butter          *cocoa powder          *protein powder          *vanilla extract          *on plan sweetener          *apple cider vinegar          *sparkling water          *THM Cherry Burst          *THM Pineapple Burst          *lime juice          *salt &amp; pepper          *unsweetened apple sauce          *caramel extract          *glucic, optional          *almonds          *paprika          *garlic powder          *red pepper flakes          *6 c. brown rice, cooked          *chili powder          *liquid smoke          *dried parsley          *olive oil          *almond flour          *sunflower seeds, optional          *Italian seasoning          *bay leaf          *Worcestershire sauce          *sesame seeds          *hot sauce</p>
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