

<p><u>Dairy:</u> *large 0% Plain Greek yogurt *sliced cheese of your choice *unsweetened almond milk *16 oz 2% cottage cheese *(2) cheese sticks *(1) dozen eggs *(1) stick of butter *heavy cream *1 c. cheddar cheese *sour cream *8 oz + 4 T 1/3 less fat cream cheese *14 oz 1% cottage cheese *5 c. mozzarella cheese *1 1/2 c. egg whites</p> <p><u>Meat:</u> *3 oz deli ham *2 lbs ground beef *1 lb polish kielbasa *2 1/2 lbs boneless skinless chicken breasts *pepperoni *4 lb chicken drumsticks</p> <p><u>Frozen:</u> *strawberries *peaches *(1) bag of cauliflower rice *(1) bag of broccoli *1 c. peas</p>	<p><u>Produce:</u> *1 lb strawberries *(2) 3 pk Romaine lettuce *(5) green bell peppers *(4) cucumbers *celery *1/2 banana *(2) pints blueberries *(1) apple *(3) onions *garlic *(1) green cabbage *16 oz spinach *(3) small zucchini *(1) red bell pepper *carrots</p> <p><u>Canned/Jarred:</u> *mayo *mustard *salsa *1/3 c. chicken stock *20 oz spaghetti sauce *(1) 15 oz kidney bean *(1) 15 oz chickpeas *pizza sauce</p>	<p><u>Dry Grocery:</u> *on plan sweetener *peanut butter *vanilla extract *protein powder *cinnamon *Ranch dressing, for salad *almonds *salt & pepper *red pepper flakes *3 c. brown rice, not cooked *taco seasoning *oregano *onion powder *garlic powder *cayenne pepper *white vinegar *almond flour *paprika *cumin *chili powder *dried dill *lemon juice</p>
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