

<p><u>Dairy:</u> *(2) sticks of butter *(1) dozen eggs *heavy cream *large 0% Plain Greek yogurt *unsweetened almond milk *4 c. cheddar cheese *sour cream *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese</p> <p><u>Meat:</u> *3 oz deli ham *2 lbs ground sausage *3 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *strawberries *peaches *(2) bags of seasoning blend *(2) bags of cauliflower florets *2 c. okra *1 c. peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *1 lb strawberries *1 pint of blueberries *(3) 3 pk Romaine lettuce *(1) cucumber (for fresh veg) *1/2 of a banana *celery *(1) apple *small bag of kale *1 lb carrots *green onions *garlic *(4) onions *(3) green bell peppers *(1) zucchini *small bag of spinach *(3) tomatoes *(1) small red onion</p> <p><u>Canned/Jarred:</u> *mayo *mustard *2 quarts chicken broth *(1) 4 oz diced green chilies *(2) 8 oz tomato sauce *2 c. vegetable broth *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *1/2 c. beef broth *dill pickles *ketchup *hot sauce *pizza sauce *Dijon mustard</p>	<p><u>Dry Grocery:</u> *peanut butter *on plan sweetener *caramel extract *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *protein powder *vanilla extract *cocoa powder *coconut oil *almonds *cinnamon *Ranch dressing, for salad *olive oil *salt & pepper *red pepper flakes *taco seasoning *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *cumin *oregano *Frank's Red Hot Sauce *parsley *Italian seasoning *bay leaf *Worcestershire sauce *paprika *sesame seeds *almond flour *1 c. lentils *lemon juice *thyme</p>
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