

<p><b><u>Dairy:</u></b>          *unsweetened almond milk          *heavy cream          *(1) dozen eggs          *large 0% Plain Greek yogurt          *(1) stick of butter          *sliced cheese of your choosing          *8 oz 2% cottage cheese          *(2) 8 oz 1/3 less fat cream cheese          *5 c. mozzarella cheese          *1 1/2 c. egg whites</p> <p><b><u>Meat:</u></b>          *7.5 lbs boneless skinless chicken breasts          *3 oz deli ham          *(6) boneless skinless chicken thighs          *1 lb ground beef          *pepperoni</p> <p><b><u>Frozen:</u></b>          *strawberries          *peaches          *1 c. peas          *(3) bags of cauliflower rice          *1/2 c. okra          *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>          *(4) cucumbers (for fresh veg)          *(6) green bell peppers (4 for fresh veg)          *celery          *(2) onions          *2 lbs strawberries          *(3) apples          *(1) 3 pk Romaine lettuce          *1/2 of a banana          *garlic          *1 1/2 c. mushrooms          *green onions          *(1) large Iceberg lettuce          *(2) zucchini          *1/2 of a red onion          *cilantro</p> <p><b><u>Canned/Jarred:</u></b>          *mayo          *mustard          *dill pickles (optional)          *(1) 8 oz tomato sauce          *1 1/2 c. chicken stock          *(2) 15 oz black beans          *(2) 10.5 oz Rotel          *salsa          *(2) 15 oz green beans          *(1) 6 oz tomato paste          *4 c. vegetable broth          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *cocoa powder          *vanilla extract          *caramel extract          *protein powder          *Swerve Brown sweetener          *garlic powder          *Salt &amp; pepper          *apple cider vinegar          *sparkling water          *THM Cherry Burst          *THM Pineapple Burst          *lime juice          *on plan sweetener          *cinnamon          *almonds          *olive or avocado oil          *3 c. brown rice, not cooked          *chili powder          *paprika          *creole seasoning          *bay leaf          *basil          *oregano          *coconut oil          *Ranch dressing, for salad          *taco seasoning          *almond flour          *sesame oil          *soy sauce or liquid aminos          *onion powder          *lemon pepper          *ground ginger          *white vinegar          *hot sauce</p>
--	--	---