

<p><u>Dairy:</u> *(1) stick of butter *(1) dozen eggs *unsweetened almond milk *heavy cream *large 0% Plain Greek yogurt *sliced cheese of your liking *(1) cheese stick *(2) 8 oz 1/3 less fat cream cheese *4 c. mozzarella cheese</p> <p><u>Meat:</u> *6 oz deli ham *5 lbs boneless skinless chicken breasts *2 lbs ground beef *pepperoni *1 ½ lb smoked sausage</p> <p><u>Frozen:</u> *(1) bag of cauliflower rice *(1) bag of seasoning blend *1 ½ c. okra *(1) bag of broccoli *1 c. peas</p>	<p><u>Produce:</u> *1 lb strawberries *(3) apples *(1) 3 pk Romaine lettuce *(2) cucumbers (for fresh veg) *(5) green bell peppers *(2) zucchini *green onions *cilantro *(4) onions *(1) lime *(2) green cabbage *1 lb carrots *small bag of spinach *(2) heads of broccoli *(2) red bell peppers</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(3) 8 oz tomato sauce *16 oz salsa verde *(3) 15 oz Great Northern beans *(1) 10.5 oz Rotel *(1) 14 oz diced tomatoes *6 c. chicken broth *pizza sauce *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *peanut butter *cocoa powder *vanilla extract *caramel extract *protein powder *cinnamon *Sweet & Spicy tea, optional *collagen *almonds *apple cider vinegar *sparkling water *lime juice *THM pineapple burst *THM Cherry burst *old fashioned oats *on plan sweetener *85% dark chocolate *olive oil *garlic powder *onion powder *red pepper flakes *liquid aminos or soy sauce *Frank's Red Hot sauce *salt & pepper *3 c. brown rice, not cooked *taco seasoning *cumin *chili powder *Italian seasoning *bay leaf *almond flour</p>
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