

<p><b><u>Dairy:</u></b>            *unsweetened almond milk            *16 oz 2% cottage cheese            *large heavy cream            *Light Laughing Cow Cheese            *(1) small 0% Plain Greek yogurt            *sliced cheese (your choice)            *3 c. egg whites            *1/2 dozen eggs            *(1) string cheese            *(1) stick of butter            *4 T. 1/3 less fat cream cheese            *4 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>            *6 oz deli ham            *5 ½ lbs boneless skinless chicken breasts            *3 lbs ground beef            *2 lbs ground sausage            *pepperoni</p> <p><b><u>Frozen:</u></b>            *1 c. peas            *(2) bags of seasoning blend            *(4) bags of cauliflower rice            *(2) 16 oz cauliflower florets            *2 c. okra</p>	<p><b><u>Produce:</u></b>            *celery            *(2) apples            *(2) cucumbers            *(5) green bell peppers            *1 lb strawberries            *(1) 3 pk Romaine lettuce            *(5) onions            *(1) avocado            *garlic            *1 lb carrots            *6 c. kale            *green onions</p> <p><b><u>Canned/Jarred:</u></b>            *dill pickles            *(1) 8 oz tomato sauce            *(3) quarts chicken broth            *mayo            *mustard            *(1) 4 oz diced green chilies            *3/4 c. salsa            *(1) 15 oz black beans            *spaghetti sauce            *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>            *peanut butter            *protein powder            *vanilla extract            *apple cider vinegar            *sparkling water            *on plan sweetener            *THM Pineapple Burst            *THM Cherry Burst            *lime juice            *old fashioned oats            *cinnamon            *Sweet &amp; Spicy tea            *collagen            *garlic powder            *onion powder            *cayenne pepper            *almonds            *85% dark chocolate            *caramel extract            *cocoa powder            *coconut oil            *2 2/3 c. brown rice, not cooked            *liquid aminos or soy sauce            *red pepper flakes            *cumin            *salt &amp; pepper            *ranch dressing, for salad            *parsley            *oregano            *almond flour            *sesame oil            *ground ginger</p>
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