

<p><b><u>Dairy:</u></b>          *(1) dozen eggs          *(1) stick of butter          *sliced cheese (your choice)          *heavy cream          *large 0% Plain Greek yogurt          *unsweetened almond milk          *sour cream          *1 c. cheddar cheese          *1 c. Parmesan (green can ok)          *4 T 1/3 less fat cream cheese          *4 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>          *3 oz deli ham          *3 ½ lbs boneless skinless chicken breasts          *1 lb ground beef          *1 lb kielbasa          *pepperoni          *3 lb chuck roast</p> <p><b><u>Frozen:</u></b>          *(2) bags of cauliflower rice          *(2) 10 oz spinach          *(3) bag of broccoli</p>	<p><b><u>Produce:</u></b>          *1 lb strawberries          *(1) bunch of celery          *(3) apples          *(1) 3 pk Romaine lettuce          *(3) cucumbers          *(5) green bell peppers          *(2) heads of green cabbage          *(6) onions          *garlic          *(1) large zucchini          *1” piece of ginger</p> <p><b><u>Canned/Jarred:</u></b>          *mayo          *mustard          *(1) 8 oz tomato sauce          *(2) quarts chicken broth          *salsa          *(1) 15 oz kidney beans          *(1) 15 oz Great Northern beans          *(2) 14 oz diced tomatoes          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *peanut butter          *apple cider vinegar          *sparkling water          *on plan sweetener          *THM Pineapple burst          *THM Cherry Burst          *lime juice          *old fashioned oats          *cinnamon          *collagen          *salt &amp; pepper          *85% dark chocolate          *onion powder          *garlic powder          *cayenne pepper          *pistachios          *cocoa powder          *vanilla extract          *protein powder          *Sweet &amp; Spicy tea, optional          *taco seasoning          *ranch dressing, for salad          *olive oil          *chili seasoning          *1/2 lb lentils          *almond flour          *rice vinegar          *sesame seeds          *soy sauce          *ground ginger          *coconut oil</p>
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