

<p><u>Dairy:</u> *heavy cream *(1) dozen eggs *(1) stick of butter *sliced cheese of your choice *16 oz 2% cottage cheese *unsweetened almond milk *Light Laughing Cow cheese *sour cream *3 c. cheddar cheese *8 oz + 4 T 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese</p> <p><u>Meat:</u> *6 oz deli ham *3 ½ lbs boneless skinless chicken breasts *4 lbs ground beef *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(1) bag of peas</p>	<p><u>Produce:</u> *(3) apples *1 lb strawberries *(1) 3 pk Romaine lettuce *(3) cucumbers (for fresh veg) *(6) green bell peppers *celery *(3) onions *green onions *16 oz spinach *(3) red bell peppers *garlic</p> <p><u>Canned/Jarred:</u> *dill pickles *mayo *mustard *(1) 4 oz diced green chilies *(2) 8 oz tomato sauce *(2) 15 oz black beans *(3) 14 oz diced tomatoes *6 c. chicken broth *20 oz spaghetti sauce *(1) 10.5 oz Rotel *4 c. vegetable broth *pizza sauce *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *old fashioned oats *on plan sweetener *cinnamon *Sweet & Spicy tea, optional *collagen, optional *peanut butter *85% dark chocolate *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *cocoa powder *vanilla extract *protein powder *almond *mint extract *onion powder *garlic powder *salt & pepper *(2) taco seasoning *(1) 10 pack low carb tortilla *chili powder *cumin *oregano *red pepper flakes *1 c. quinoa, not cooked *chili seasoning *ranch dressing, for salad *almond flour *4 c. brown rice, not cooked *coconut oil *soy sauce or liquid aminos *Frank's Red Hot sauce</p>
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