

<p><b><u>Dairy:</u></b>                  *(2) stick of butter                  *(1) dozen eggs                  *heavy cream                  *unsweetened almond milk                  *16 oz 2% cottage cheese                  *sliced cheese of your choosing                  *(1) cheese stick                  *1 ½ 8oz 1/3 less fat cream cheese                  *1 c. 0% Plain Greek yogurt                  *1 c. egg whites                  *2 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>                  *3 oz deli ham                  *4 lbs boneless skinless chicken breasts                  *8 slices of bacon                  *2 ½ lbs chicken tenderloins                  *3 lbs ground beef                  *1 lb ground Italian sausage                  *pepperoni                  *1 ½ lb smoked sausage</p> <p><b><u>Frozen:</u></b>                  *strawberries                  *peaches                  *(3) bags of cauliflower rice                  *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *1 lb strawberries                  *(2) apples                  *(3) 3 pk Romaine lettuce                  *(3) cucumbers                  *(4) green bell peppers                  *1/2 of a banana                  *(2) onions                  *(2) large green cabbages                  *green onions</p> <p><b><u>Canned/Jarred:</u></b>                  *(1) 8 oz tomato sauce                  *2 quarts + 1 ½ c. chicken broth                  *mayo                  *mustard                  *dill pickles                  *(2) 14.5 oz fire roasted tomatoes                  *spaghetti sauce                  *(2) 15 oz black beans                  *(1) 10.5 oz Rotel                  *(1) 15 oz corn                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *onion powder                  *garlic powder                  *cayenne pepper                  *salt &amp; pepper                  *peanuts                  *on plan sweetener                  *peanut butter                  *caramel extract                  *apple cider vinegar                  *sparkling water                  *lime juice                  *THM Cherry Burst                  *THM Pineapple Burst                  *mint extract                  *85% dark chocolate                  *old fashioned oats                  *cinnamon                  *collagen                  *Sweet &amp; Spicy tea, optional                  *vanilla extract                  *almonds                  *Ranch dressing, for salad                  *cocoa powder                  *protein powder                  *coconut oil                  *2 c. brown rice, not cooked                  *soy sauce or liquid aminos                  *red pepper flakes                  *chili powder                  *cumin                  *paprika                  *dried parsley                  *(1) 10 pack low carb tortillas                  *oregano                  *sesame oil                  *ground ginger</p>
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