

<p><u>Dairy:</u> *unsweetened almond milk *Light Laughing Cow cheese *(1) dozen eggs *4 c. egg whites *(2) sm. 0% Plain Greek yogurt *heavy cream *(1) stick of butter *20 oz cheddar cheese *Parmesan cheese *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *3 oz lean deli ham *2 lbs ground beef *4 lbs boneless skinless chicken breasts *3 lb boneless chuck roast *2 ½ lb chicken tenderloins *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(2) bags of cauliflower rice *2 c. okra *1 c. peas</p>	<p><u>Produce:</u> *celery *(3) apples *(3) pack of Romaine lettuce *(4) green bell peppers *(6) onions *1 lb strawberries *(2) cucumbers *garlic *green onions *(2) large spaghetti squash *6 oz spinach *1 lb carrots</p> <p><u>Canned/Jarred:</u> *dill pickles *(2) 8 oz tomato sauce *(1) 15 oz black beans *chipotle chilies in Adobo *5 ½ c. chicken broth *7 oz sun dried tomatoes *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(3) 14 oz diced tomatoes *pizza sauce *(2) 10.5 oz Rotel *(1) 15 oz pinto beans</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder *vanilla extract *caramel extract *on plan sweetener *cocoa powder *apple cider vinegar *sparkling water *lime juice *THM Pineapple burst *THM Cherry burst *old fashioned oats *cinnamon *Sweet & Spicy tea, optional *collagen, optional *Ranch dressing, for salad *almonds *85% dark chocolate *soy sauce *salt & pepper *red pepper flakes *chili powder *cumin *garlic powder *almond flour *oregano *Italian seasoning *gluccie or xanthan gum *olive oil *chili seasoning *1/2 lb lentils *onion powder *4 c. brown rice, cooked *sesame oil *coconut oil spray</p>
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