

<p><u>Dairy:</u> *unsweetened almond milk *heavy cream *Light Laughing Cow cheese *(1) dozen eggs *(2) sticks of butter *sliced cheese of your choice *16 oz 2% cottage cheese *1 c. egg whites *sour cream *1 c. cheddar cheese *Parmesan cheese *2 ½ c. mozzarella cheese 8 oz 1/3 less fat cream cheese</p> <p><u>Meat:</u> *sausage links *(6) oz deli ham *1 lb boneless skinless chicken breasts *2 lbs ground beef *2 ½ lb chicken tenderloins *1 lb ground sausage *pepperoni *2 lbs ground turkey *3 lb boneless beef chuck roast</p> <p><u>Frozen:</u> *strawberries *(3) bags of cauliflower rice *(3) bags of broccoli *(2) bags of seasoning blend</p>	<p><u>Produce:</u> *celery *(2) 3 pk Romaine lettuce *(2) cucumbers *(3) green bell peppers *(2) apples *1/2 of a banana *green onions *garlic *(1) large zucchini *(2) onions *1” cube of ginger</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(1) 8 oz tomato sauce *2 quarts + 1 c. chicken broth *(2) 15 oz black beans *(3) 14 oz diced tomatoes *(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> *peanut butter *protein powder *on plan sweetener *vanilla extract *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *old fashioned oats *cinnamon *tea *collagen *onion powder *garlic powder *cayenne pepper *cocoa powder *caramel extract *salt & pepper *2 c. brown rice, cooked *red pepper flakes *(2) taco seasoning *1 c. quinoa, not cooked *chili seasoning *gluccie or xanthan gum *chili powder *oregano *cumin *soy sauce *rice vinegar *sesame oil *sesame seeds</p>
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