

<p><u>Dairy:</u> *large 0% Plain Greek yogurt *(1) dozen eggs *4 c. cheddar cheese *unsweetened almond milk *heavy cream *Light Laughing Cow Cheese *(2) sticks of butter *sliced cheese of your choice *sour cream, optional topping *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese</p> <p><u>Meat:</u> *6 oz lean deli ham *sausage links *5 lbs boneless skinless chicken breasts *2 lb ground beef *pepperoni *1 ½ lb smoked sausage</p> <p><u>Frozen:</u> *(1) bag of cauliflower rice *(1) bag of peas *(1) bag of broccoli</p>	<p><u>Produce:</u> *(2) apples *(2) 3 pk Romaine lettuce *(2) cucumbers *(3) green bell peppers *celery *1 lb strawberries *1 lb carrots *(3) onions *(1) medium zucchini *garlic *small bag of spinach *(1) large green cabbage *green onions *(2) heads of broccoli *(2) red bell peppers</p> <p><u>Canned/Jarred:</u> *dill pickles *(2) 8 oz tomato sauce *2 ½ c. chicken broth *mayo *mustard *(1) 4 oz diced green chilies *spaghetti sauce *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *cinnamon *on plan sweetener *Ranch dressing, for salad *apple cider vinegar *sparkling water *lime juice *THM Cherry Burst *THM Pineapple Burst *peanut butter *cocoa powder *vanilla extract *caramel extract *protein powder *garlic powder *onion powder *cayenne pepper *old fashioned oats *tea *collagen *4 c. brown rice, not cooked *salt & pepper *soy sauce *red pepper flakes *taco seasoning *(1) 10 pack low carb tortillas *chili powder *cumin *oregano *curry powder *olive oil *Italian seasoning *bay leaves *almond flour *Frank's Red Hot Sauce</p>
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