

<p><u>Dairy:</u> *unsweetened almond milk *Light Laughing Cow cheese *(1) dozen eggs *heavy cream *8 oz 2% cottage cheese *(1) small 0% Plain Greek yogurt *(3) 8 oz 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *2 c. cheddar cheese</p> <p><u>Meat:</u> *2.5 lbs boneless skinless chicken breasts *4 lb ground beef *pepperoni *3 lb boneless beef roast</p> <p><u>Frozen:</u> *(3) bags of cauliflower rice *(2) bags of broccoli</p>	<p><u>Produce:</u> *celery *(2) 3 pk Romaine lettuce *(6) green bell peppers *(2) cucumbers *(5) onions *large bag of spinach *(3) apples *garlic *1 lb mushrooms *1" cube of ginger *green onions</p> <p><u>Canned/Jarred:</u> *7 ½ c. chicken broth *(2) 15 oz black beans *(2) 10.5 oz Rotel *salsa *2 lbs dried chick peas *(2) 14 oz diced tomatoes *20 oz spaghetti sauce *4 c. vegetable broth *pizza sauce *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *peanut butter *vanilla extract *protein powder *on plan sweetener *cocoa powder *caramel extract, optional *old fashioned oats *cinnamon *tea or coffee *collagen *Ranch dressing, for salad *85% dark chocolate *apple cider vinegar *sparkling water *Lime juice *THM Cherry Burst *THM Pineapple Burst *mint extract *almonds *coconut or avocado oil *1 c. brown rice, not cooked *soy sauce *red pepper flakes *sesame oil *sesame seeds *salt & pepper *chili powder *garlic powder *onion powder *thyme *oregano *cayenne pepper *taco seasoning *almond flour *paprika *cumin *rice vinegar</p>
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