

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *unsweetened almond milk *heavy cream *30 oz 2% cottage cheese *sliced cheese of your choice *Light Laughing Cow cheese *(2) small or (1) large 0% Plain Greek yogurt *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese *1 c. egg whites *Parmesan cheese *2 c. cheddar cheese</p> <p><u>Meat:</u> *3 oz deli ham *5 lbs boneless skinless chicken breasts *2 lbs ground beef *pepperoni *2 lb ground turkey</p> <p><u>Frozen:</u> *strawberries *mixed berries *peaches *(1) bag of cauliflower rice *(3) bags of seasoning blend *(2) bags of broccoli</p>	<p><u>Produce:</u> *(4) onions *(4) green bell peppers *(1) small bag of spinach *(2) apples *(2) cucumbers *(2) 3 pk Romaine lettuce *celery *(1) banana *garlic *(5) limes *1 lb mushrooms</p> <p><u>Canned/Jarred:</u> *(3) 8oz tomato sauce *3 c. chicken broth *mayo *mustard *(2) 15 oz corn *(2) 15 oz black beans *28 oz diced tomatoes *pizza sauce *(2) 15 oz green beans *(2) 5 oz bamboo shoots</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder *on plan sweetener *caramel extract *vanilla extract *cocoa powder *old fashioned oats *cinnamon *tea *collagen *onion powder *garlic powder *cayenne pepper *salt & pepper *apple cider vinegar *lime juice *THM Cherry Burst *THM Pineapple Burst *sparkling water *soy sauce *ground ginger *coconut oil *1 c. brown rice, not cooked *taco seasoning *Frank's Red Hot Sauce *dried parsley *oregano *Ranch dressing, for salad *bay leaves *creole seasoning *1 c. quick brown rice *almond flour *onion flakes *blackstrap molasses *gluccie or xanthan gum *red pepper flakes *sesame oil *balsamic vinegar</p>
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