

<p><u>Dairy:</u> *sliced cheese of your choice *Light Laughing Cow Cheese *unsweetened almond milk *heavy cream *(1) dozen eggs *24 oz 2% cottage cheese *(2) sm. 0% Plain Greek yogurt *1 c. cheddar cheese *sour cream *(2 ½) 8 oz 1/3 less fat cream cheese blocks *Parmesan cheese *(1) stick of butter *4 c. mozzarella cheese *1 ½ c. egg whites</p> <p><u>Meat:</u> *3 oz deli ham *sausage links *2 lbs ground turkey *1 lb ground beef *5 ½ lbs boneless skinless chicken breasts *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u> *strawberries *peaches *(2) 10 oz spinach *(1) bag of broccoli *(2) 16 oz cauliflower florets *2 c. okra *(1) bag of seasoning blend *1 c. peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *(2) apples *(2) 3 pk Romaine lettuce *celery *(4) green bell peppers *(3) cucumbers *1/2 banana *1 lb strawberries *(3) onions *garlic *(1) large zucchini *6 c. kale *1 lb carrots *green onions</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *3 ½ quarts chicken broth *(3) 14 oz diced tomatoes *(2) 15 oz black beans *pizza sauce *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *old fashioned oats *on plan sweetener *cinnamon *tea *collagen *apple cider vinegar *sparkling water *lime juice *THM Pineapple burst *THM Cherry burst *peanut butter *protein powder *vanilla extract *caramel extract *cocoa powder *Ranch dressing, for salad *85% dark chocolate *coconut oil *soy sauce *salt & pepper *garlic powder *red pepper flakes *sesame oil *taco seasoning *1 c. quinoa, not cooked *chili seasoning *onion powder *almond flour *4 c. brown rice, not cooked *chili powder *cumin *cayenne pepper *coconut oil spray</p>
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