

<p><u>Dairy:</u> *unsweetened almond milk *heavy cream *(2) sm. 0% Plain Greek yogurt *(1) dozen eggs *(1) stick of butter *sliced cheese *(2) wedges of Light Laughing Cow Cheese *16 oz 2% cottage cheese *5 c. mozzarella cheese *1 ½ c. cheddar cheese</p> <p><u>Meat:</u> *3 oz deli ham *5 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *mixed berries *(5) bags of cauliflower rice</p>	<p><u>Produce:</u> *(5) green bell peppers *(6) onions *(2) 3 pk Romaine lettuce *(2) cucumbers *celery *(2) apples *garlic *3 c. mushrooms *(1) lime (or can use bottled) *8 c. Napa (Chinese) cabbage *1 lb carrots *(1) medium zucchini *small bag of spinach *green onions</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(2) 8 oz tomato sauce *(3) 14 oz diced tomatoes *(1) 14 oz crushed tomatoes *2 c. vegetable broth *(2) 15 oz Great Northern beans *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *cocoa powder *protein powder *peanut butter *vanilla extract *caramel extract *on plan sweetener *apple cider vinegar *sparkling water *lime juice *THM Cherry Burst *THM Pineapple Burst *old fashioned oats *cinnamon *tea *collagen *Ranch dressing, for salad *85% dark chocolate *mint extract *almonds *salt & pepper *coconut oil *1 c. brown rice, not cooked *taco seasoning *rosemary *Italian seasoning *bay leaf *red pepper flakes *almond flour *chili powder *paprika *cumin *garlic powder *sesame oil *ground ginger</p>
--	---	--