

<p><b><u>Dairy:</u></b>          *unsweetened almond milk          *(1) dozen eggs          *large 0% plain Greek yogurt          *heavy cream          *(1) stick of butter          *sliced cheese, your choice          *6 c. mozzarella cheese          *4 oz 1/3 less fat cream cheese          *Parmesan cheese          *1 ½ c. egg whites</p> <p><b><u>Meat:</u></b>          *sausage links          *6 oz deli ham          *6 lbs boneless skinless chicken breasts          *6 lbs ground beef          *pepperoni</p> <p><b><u>Frozen:</u></b>          *mixed berries          *2 c. cauliflower florets          *(3) bags of cauliflower rice          *12 oz green beans</p>	<p><b><u>Produce:</u></b>          *(6) green bell peppers          *(2) cucumbers          *(2) apples          *celery          *(2) 3 pk Romaine lettuce          *garlic          *(2) onions          *cilantro          *(3) large bags of spinach          *(2) limes          *8 oz mushrooms          *(3) medium zucchini          *1 lb carrots          *green onions</p> <p><b><u>Canned/Jarred:</u></b>          *(2) 8 oz tomato sauce          *1 c. chicken broth          *mayo          *mustard          *dill pickles          *15 oz refried beans          *(1) 10.5 oz Rotel          *(1) 15 oz corn          *(2) 14 oz diced tomatoes          *2 T. tomato paste          *spaghetti sauce          *(1) 14.5 oz petite diced tomatoes          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *peanut butter          *protein powder          *cocoa powder          *on plan sweetener          *vanilla extract          *caramel extract          *apple cider vinegar          *sparkling water          *lime juice          *Thm Cherry Burst          *THM Pineapple Burst          *old fashioned oats          *cinnamon          *tea          *collagen          *onion powder          *garlic powder          *cayenne pepper          *coconut oil          *soy sauce          *red pepper flakes          *chicken bouillon          *chili powder          *curry powder          *cumin          *paprika          *lemon pepper          *salt &amp; pepper          *Ranch dressing, for salad          *nutritional yeast, optional          *bay leaf          *almond flour          *4 c. brown rice, cooked          *sesame oil</p>
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