

<p><u>Dairy:</u> *unsweetened almond milk *24 oz 2% cottage cheese *Heavy cream *large 0% plain Greek yogurt *(1) dozen eggs *sliced cheese, your choice *(1) cheese stick *1 c. egg whites *3 c. cheddar cheese *sour cream *Parmesan cheese *1/2 stick of butter *5 c. mozzarella cheese *8 oz 1/3 less fat cream cheese *4 oz sharp cheddar cheese</p> <p><u>Meat:</u> *3 oz deli ham *4 ½ lb boneless skinless chicken breasts *4 lbs ground beef *pepperoni *1 lb ground Italian sausage</p> <p><u>Frozen:</u> *strawberries *peaches *mixed berries *(2) bags of cauliflower rice *(1) bag of seasoning blend *(1) bag of broccoli</p>	<p><u>Produce:</u> *1/2 of a banana *(1) 3 pk Romaine lettuce *(2) apples *(5) green bell peppers *(2) cucumbers *1 lb carrots *green onions *garlic *(4) onions *(4) medium zucchini *(4) yellow squash *1 lb mushrooms</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(1)4 oz diced green chilies *(2) 15 oz black beans *(1) 14 oz diced tomatoes *(2) 8 oz tomato sauce *24 oz spaghetti sauce *(1) 10.5 oz Rotel *4 c. vegetable broth *5 c. chicken broth *14 oz pizza sauce</p>	<p><u>Dry Grocery:</u> *on plan sweetener *protein powder *peanut butter *peanuts *vanilla extract *caramel extract *Ranch dressing, for salad *cocoa powder *old fashioned oats *cinnamon *tea *collagen *coconut oil *salt & pepper *soy sauce *red pepper flakes *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *(2) taco seasonings *(1) 10 pack low carb tortilla *1 c. quinoa, not cooked *chili seasoning *chili powder *onion powder *garlic powder *cumin *oregano *Italian seasoning *coconut oil spray *ground sage *nutritional yeast, optional *blackstrap molasses *ground ginger *gluconic or xanthan gum *sesame seeds *Baking Blend (or almond flour)</p>
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