

<p><u>Dairy:</u> *(2) sm. 0% Plain Greek yogurt *unsweetened almond milk *16 oz 2% cottage cheese *heavy cream *sliced cheese, your choice *(2) wedges of Light Laughing Cow Cheese (not full wheels) *(1) dozen eggs *1/2 stick of butter *1 c. cheddar cheese *sour cream *4 c. mozzarella cheese *4 oz 1/3 less fat cream cheese *1 1/2 c. egg whites</p> <p><u>Meat:</u> *3 oz deli ham *sausage links *5 lbs boneless skinless chicken breasts *2 lbs ground beef *pepperoni *2 lb ground turkey</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(2) bags of cauliflower rice *(1) bag of seasoning blend *1 c. peas</p>	<p><u>Produce:</u> *(2) apples *(2) 3 pk Romaine lettuce *(1) cucumber *(4) green bell peppers *celery *1/2 banana *(7) onions *garlic *celery *(1) large green cabbage *1 lb carrots *green onions</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(2) 15 oz stewed tomatoes *salsa *(1) 8 oz tomato sauce *4 c. chicken stock *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(4) 14 oz diced tomatoes *pizza sauce *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *old fashioned oats *cinnamon * on plan sweetener *tea *collagen *apple cider vinegar *sparkling water *lime juice *THM Pineapple burst *THM Cherry burst *peanut butter *protein powder *cocoa powder *vanilla extract *caramel extract *Ranch dressing, for salad *soy sauce *sesame oil *salt & pepper *coconut oil *(1) taco seasoning *Better Than Bouillon Chicken *2 c. quinoa, not cooked *1 c. wild rice, not cooked *curry powder *Chinese 5 Spice *Italian seasoning *chili seasoning *1/2 lb lentils *almond flour *garlic powder *chili powder *cumin *cayenne *coconut oil spray *red pepper flakes</p>
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