

<p><b><u>Dairy:</u></b>          *unsweetened almond milk          *heavy cream          *(2) wedges of Light Laughing Cow Cheese          *16 oz 2% cottage cheese          *(2) small 0% Plain Greek yogurt          *(1) dozen eggs          *2 ½ 8 oz 1/3 less fat cream cheese blocks          *14 oz 1% cottage cheese          *6 c. Mozzarella cheese</p> <p><b><u>Meat:</u></b>          *2 lbs boneless skinless chicken breasts          *3 lbs diced beef stew meat          *3 lbs ground beef          *pepperoni          *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b>          *mixed berries          *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>          *(7) green bell peppers          *(3) cucumbers          *celery          *(4) apples          *(2) 3 pk Romaine lettuce          *garlic          *(6) onions          *(1) lime          *8 oz mushrooms          *16 oz spinach          *(1) medium carrot          *(1) large green head of cabbage          *green onions</p> <p><b><u>Canned/Jarred:</u></b>          *(1) 8 oz tomato sauce          *2 c. chicken broth          *(2) 10.5 oz Rotel          *salsa          *(2) 14.5 oz fire-roasted tomatoes          *4 oz sliced black olives          *6 oz tomato paste          *20 oz spaghetti sauce          *5 ½ c. beef broth          *pizza sauce          *4 oz diced green chilies          *15 oz black beans</p>	<p><b><u>Dry Grocery:</u></b>          *peanut butter          *protein powder          *on plan sweetener          *vanilla extract          *onion powder          *garlic powder          *cayenne pepper          *apple cider vinegar          *sparkling water          *THM Cherry Burst          *THM Pineapple Burst          *lime juice          *old fashioned oats          *cinnamon          *tea          *collagen          *cocoa powder          *Ranch dressing, for salad          *85% dark chocolate          *coconut oil          *1 2/3 c. brown rice, not cooked          *soy sauce          *red pepper flakes          *2 c. dry black beans          *chili powder          *paprika          *salt &amp; pepper          *oregano          *rosemary          *taco seasoning          *almond flour          *cumin          *sesame oil          *ground ginger</p>
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