

<p><u>Dairy:</u> *(2) dozen eggs *(1) stick of butter *large 0% Plain Greek yogurt *unsweetened almond milk *24 oz 2% cottage cheese *(1) wedge of Light Laughing Cow Cheese *1 ½ 8 oz 1/3 less fat cream cheese *2 c. mozzarella cheese *Parmesan cheese *2 c. cheddar cheese * 3 ½ c. egg whites</p> <p><u>Meat:</u> *6 oz lean deli ham *6 ½ lbs boneless skinless chicken breasts *8 slices of bacon *1 lb ground beef *1 lb Italian sausage *pepperoni</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(4) bags of cauliflower rice *(1) bag of seasoning blend *1 c. peas</p>	<p><u>Produce:</u> *1 lb strawberries *(3) 3 pk Romaine lettuce *celery *(3) green bell peppers *(3) cucumbers *1/2 banana *(1) apple *(2) onions *garlic *1 lb carrots *(1) medium zucchini *green onions</p> <p><u>Canned/Jarred:</u> *dill pickles *15 oz black beans *15 oz kidney beans *(3) 14 oz diced tomatoes *15 oz corn *spaghetti sauce *2 c. vegetable broth *(2) 15 oz Great Northern beans *pizza sauce</p>	<p><u>Dry Grocery:</u> *Ranch dressing *on plan sweetener *Apple Cider Vinegar *sparkling water *lime juice *THM Cherry Burst *THM Pineapple Burst *protein powder *peanut butter *cocoa powder *coconut oil *vanilla extract *old fashioned oats *cinnamon *tea *collagen *sesame oil *soy sauce *red pepper flakes *chili powder *cumin *salt & pepper *garlic powder *dried parsley *onion powder *olive oil *Italian seasoning *bay leaf *oregano *creole seasoning *dried onion flakes *4 c. cooked brown rice</p>
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