

<p><u>Dairy:</u> *(1) dozen eggs *(2) small 0% Plain Greek yogurt *unsweetened almond milk *16 oz 2% cottage cheese *(1) stick of butter *heavy cream *sour cream *3 c. cheddar cheese *1 ½ 8 oz 1/3 less fat cream cheese *5 c. mozzarella cheese *Parmesan cheese</p> <p><u>Meat:</u> *3 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *(6) boneless skinless chicken thighs *2 ½ lbs chicken tenders *pepperoni</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(1) bag of peas *(4) bags of cauliflower rice *(1) bag of green beans *2/3 c. okra</p>	<p><u>Produce:</u> *(1) apple *(4) green bell peppers *(2) cucumbers *celery *1/2 of a banana *(2) 3 pk Romaine lettuce *1 lb strawberries *(2) heads of broccoli *(2) red bell peppers *garlic *green onions *(3) onions *small bag of spinach *1/2 head of green cabbage</p> <p><u>Canned/Jarred:</u> *7 ½ c. chicken broth *Frank's Red Hot Sauce *4 oz diced green chilies *(3) 8 oz tomato sauce *1/2 jar of 7 oz sun-dried tomatoes *(2) 15 oz black beans *(3) 14 oz diced tomatoes *pizza sauce *2/3 c. beef broth</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 *vanilla extract *protein powder *Ranch dressing, for salad *almonds *coconut oil *2 c. brown rice, not cooked *soy sauce *red pepper flakes *85% dark chocolate *salt & pepper *(1) 10 pack low carb tortillas *taco seasoning *chili powder *garlic powder *onion powder *cumin *oregano *avocado oil *paprika *Italian seasoning *gluccie or xanathan gum *1 c. quinoa, not cooked *chili seasoning *almond flour *Worcestershire sauce *cayenne pepper *liquid aminos</p>
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