

<p><u>Dairy:</u> *unsweetened almond milk *24 oz 2% cottage cheese *1g. 0% Plain Greek yogurt *sliced cheese *(1) dozen eggs *(1) wedge of Light Laughing Cow Cheese *heavy cream *5 c. mozzarella cheese *(1) stick of butter *sour cream *8 oz cheddar cheese *4 oz sharp cheddar cheese *4 oz 1/3 less fat cream cheese</p> <p><u>Meat:</u> *3 oz deli ham *4 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(3) 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 *(4) green bell peppers *(2) cucumbers *celery *1 lb strawberries *(1) apple *1 lb carrots *green onions *garlic *(6) onions *small bag of spinach *(1) zucchini *(3) tomatoes *(4) yellow squash *1 lb mushrooms</p> <p><u>Canned/Jarred:</u> *mayo *mustard *(1) 8 oz tomato sauce *3 ½ c. chicken stock *(1) 4 oz diced green chilies *3/4 c. salsa *(1) 15 oz black beans *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *dill pickles *ketchup *pizza sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder *on plan sweetener *vanilla extract *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *old fashioned oats *cinnamon *collagen *tea *85% dark chocolate *onion powder *garlic powder *cayenne pepper *sesame oil *soy sauce *2 2/3 c. brown rice, not cooked *red pepper flakes *cumin *salt & pepper *dried parsley *oregano *Italian seasoning *bay leaf *Worcestershire sauce *paprika *sesame seeds *hot sauce *almond flour *ground sage, optional *ground ginger</p>
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