

<p><b><u>Dairy:</u></b>          *unsweetened almond milk          *24 oz 2% cottage cheese          *(2) cheese sticks          *sliced cheese          *large 0% Plain Greek yogurt          *(1) dozen eggs          *(1) stick of butter          *1 ½ 8 oz 1/3 less fat cream cheese          *14 oz 1% cottage cheese          *6 c. mozzarella          *4 oz sharp cheddar          *Parmesan cheese</p> <p><b><u>Meat:</u></b>          *3 oz deli meat          *4 lbs boneless skinless chicken breasts          *2 lbs ground beef          *13 to 16 oz smoked sausage          *pepperoni          *2 lb ground turkey</p> <p><b><u>Frozen:</u></b>          *mixed berries          *strawberries          *peaches          *(1) bag of seasoning blend          *(2) bags of broccoli          *2 c. peas</p>	<p><b><u>Produce:</u></b>          *1 lb strawberries          *(3) 3 pk Romaine lettuce          *(2) green bell peppers          *(1) cucumber          *celery          *1/2 of a banana          *24 oz spinach          *(3) onions          *1 c. mushrooms          *cilantro          *garlic          *large green cabbage          *green onions</p> <p><b><u>Canned/Jarred:</u></b>          *mayo          *mustard          *(2) 15 oz black beans          *salsa          *(1) 10.5 oz Rotel          *1 c. salsa verde          *20 oz spaghetti sauce          *pizza sauce          *(1) 15 oz garbanzo beans          *prepared horseradish</p>	<p><b><u>Dry Grocery:</u></b>          *peanut butter          *protein powder          *on plan sweetener          *cocoa powder          *coconut oil          *85% dark chocolate          *mint extract          *apple cider vinegar          *sparkling water          *lime juice          *THM Pineapple burst          *THM Cherry burst          *old fashioned oats          *collagen          *tea          *vanilla extract          *Ranch dressing, for salad          *cayenne pepper          *ground ginger          *chicken bouillon          *curry powder          *dill weed          *Worcestershire sauce          *gluccie or xanthan gum          *salt &amp; pepper          *red pepper flakes          *2 ½ c. brown rice, not cooked          *chili powder          *cumin          *oregano          *onion powder          *garlic powder          *extra virgin olive oil          *baslamic vinegar          *peanuts          *soy sauce          *almond flour          *sesame oil</p>
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