

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *sliced cheese of your choosing *large 0% Plain Greek yogurt *unsweetened almond milk *24 oz 2% cottage cheese *heavy cream *8 oz 1/3 less fat cream cheese *2 c. cheddar cheese *4 c. mozzarella cheese</p> <p><u>Meat:</u> *6 oz deli ham *5 lbs ground beef *(8) slices of bacon *2 ½ lb chicken tenders *pepperoni *4 lbs chicken drumsticks *2 lbs ground turkey</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *2/3 c. okra *(2) bags of broccoli *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *1 lb strawberries *(3) 3 pk Romaine lettuce *(1) cucumber *(2) green bell peppers *(4) onions *celery *(1)pint of blueberries *(1) banana *garlic *(1) lime *(1) large green cabbage *(3) tomatoes</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(2) 15 oz corn *(3) 8 oz tomato sauce *2/3 c. beef broth *(4) 14.5 oz diced tomatoes *ketchup *pizza sauce *(1) 15 oz pinto beans</p>	<p><u>Dry Grocery:</u> *peanut butter *sparkling water *apple cider vinegar *THM Pineapple Burst *THM Cherry Burst *lime juice *on plan sweetener *almonds *protein powder *85% dark chocolate *old fashioned oats *tea *collagen *Ranch dressing, for salad *2 c. brown rice, not cooked *parsley *onion powder *garlic powder *salt & pepper *red pepper flakes *coconut oil *paprika *Worcestershire sauce *cayenne pepper *sesame seeds *hot sauce *almond flour *cumin *chili powder *taco seasoning</p>
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