

<p><b><u>Dairy:</u></b>          *(1) stick of butter          *(1) dozen eggs          *(3) wedges of Light Laughing Cow Cheese (not whole circles)          *unsweetened almond milk          *16 oz 2% cottage cheese          *sliced cheese of your choosing          *heavy cream          *1 c. cheddar cheese          *sour cream          *4 oz sharp cheddar cheese          *4 c. Mozzarella cheese          *4 T. 1/3 less fat cream cheese          *3/4 c. egg whites          *3/4 c. low fat cheddar cheese</p> <p><b><u>Meat:</u></b>          *6 oz deli ham          *1 lb ground beef          *2 ½ lbs boneless skinless chicken thighs          *4 lbs boneless skinless chicken breasts          *13 to 16 oz smoked sausage          *pepperoni</p> <p><b><u>Frozen:</u></b>          *strawberries          *peaches          *(1) bag of seasoning blend          *(2) bags of broccoli          *(1) bag of peas          *10 oz spinach</p>	<p><b><u>Produce:</u></b>          *1 lb strawberries          *celery          *(1) banana          *(2) cucumbers          *(3) 3 pk Romaine hearts          *(3) green bell peppers          *pint of blueberries          *(3) red bell peppers          *garlic          *small bag of spinach          *(2) onions</p> <p><b><u>Canned/Jarred:</u></b>          *mayo          *mustard          *dill pickles          *salsa          *Frank's Red Hot Sauce          *1 c. chicken broth          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *apple cider vinegar          *sparkling water          *on plan sweetener          *THM Pineapple Burst          *THM Cherry Burst          *lime juice          *vanilla extract          *protein powder          *almonds          *peanut butter          *cocoa powder          *old fashioned oats          *85% dark chocolate          *5 c. brown rice, cooked          *garlic powder          *salt &amp; pepper          *cayenne pepper          *parsley          *oregano          *coconut oil          *xanthan or gluccie, optional          *soy sauce          *red pepper flakes          *extra virgin olive oil          *balsamic vinegar          *peanuts          *almond flour          *Tabasco sauce, or other hot sauce          *tea          *collagen</p>
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