

<p><u>Dairy:</u> *large 0% Plain Greek yogurt *(1) dozen eggs *unsweetened almond milk *24 oz 2% cottage cheese *(2) wedges of Light Laughing Cow Cheese *sliced cheese, your choice *1 ½ c. egg whites *6 oz feta cheese *4 c. Mozzarella cheese *4 T. 1/3 less fat cream cheese *4 to 6 oz cheddar cheese</p> <p><u>Meat:</u> *6 oz deli ham *4 lb ground beef *1 ½ lbs boneless skinless chicken breasts *2 ½ lbs chicken tenders *peperoni *1/2 lb bacon</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(1) bag of broccoli *1 c. peas *(2) bags of cauliflower rice</p>	<p><u>Produce:</u> *(3) 3 pk Romaine lettuce *pint of blueberries *celery *(1) banana *(4) green bell peppers *(4) cucumbers *(1) apple *1 lb strawberries *(3) onions *(1) medium green cabbage *1 lb carrots *green onions *garlic *(3) lemons *(2) tomatoes *(1) red onion *(2) heads of broccoli</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(2) 15 oz black beans *salsa *(1) 10.5 oz Rotel *(1) 8 oz tomato sauce *(1) black olives *pizza sauce *spaghetti sauce</p>	<p><u>Dry Grocery:</u> *Ranch dressing *almonds *sparkling water *apple cider vinegar *THM Pineapple Burst *THM Cherry Burst *lime juice *on plan sweetener *peanut butter *protein powder *cocoa powder *vanilla extract *cinnamon *salt & pepper *3 c. brown rice, not cooked *chili powder *coconut oil *Italian seasoning *sesame oil *soy sauce *red pepper flakes *extra virgin olive oil *oregano *red wine vinegar *onion powder *almond flour</p>
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