

<p><u>Dairy:</u> *large 0% Plain Greek yogurt *unsweetened almond milk *16 oz 2% cottage cheese *(1) dozen eggs *(1) cheese stick *(1) stick of butter *heavy cream *5 c. shredded cheddar cheese *sour cream *1 ½ c. egg whites *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese *2 T. Parmesan cheese</p> <p><u>Meat:</u> *(8) brats *2 lbs ground turkey *6 lbs ground beef *1 ½ lb boneless skinless chicken breasts *pepperoni *(6) slices of bacon</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(3) bags of cauliflower rice *1 c. peas</p>	<p><u>Produce:</u> *celery *(1) banana *(3) 3pk Romaine lettuce *(5) green bell peppers *(4) cucumbers *1 lb strawberries *(4) onions *1 lb carrots *green onions *(3) tomatoes *(1) green cabbage *(1) purple cabbage *1 ½ lbs mini bell peppers</p> <p><u>Canned/Jarred:</u> *salsa *1/2 c. beef broth *dill pickles or relish *mayo *ketchup *pizza sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *apple cider vinegar *on plan sweetener *THM Cherry Burst *THM Pineapple Burst *lime juice *sparkling water *protein powder *vanilla extract *Ranch dressing, for salad *85% dark chocolate *mint extract *6 c. brown rice, cooked *garlic powder *salt & pepper *sesame oil *soy sauce *ground ginger *red pepper flakes *coconut oil *Worcestershire sauce *paprika *sesame seeds *Tabasco sauce *almond flour *onion powder *dried parsley *dried chives *peanuts *nutritional yeast *minced dried onions *turmeric, optional</p>
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