

<p><u>Dairy:</u> *unsweetened almond milk *24 oz 2% cottage cheese *sliced cheese, your choice *(1) cheese stick *1g. 0% Plain Greek yogurt *(1) dozen eggs + 1 extra egg *heavy cream *(1) stick of butter *1 c. egg whites *2 c. Mozzarella cheese *4 oz diced cheddar cheese</p> <p><u>Meat:</u> *6 oz deli ham *3 lbs ground beef *1 lb Polish Kielbasa *2 lbs ground turkey *1 lb ground Italian sausage *pepperoni *1/2 lb bacon *2 lbs boneless skinless chicken breasts</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(3) bags of cauliflower rice *(1) bag of seasoning blend *(1) bag of peas</p>	<p><u>Produce:</u> *(2) 3 pk Romaine lettuce *(3) cucumbers *(4) green bell peppers *1 lb strawberries *celery *(1) banana *(2) onions *green onions *(1) large green cabbage *(3) tomatoes *1/2 head of lettuce *(1) red onion *(4) heads of broccoli *(2) red bell peppers *garlic</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(3) 15 oz black beans *(1) 10.5 oz Rotel *salsa *1 1/3 c. chicken stock *spaghetti sauce *(1) 15 oz corn *14 oz pizza sauce *Frank's Red Hot Sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder *on plan sweetener *vanilla extract *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *Ranch dressing, for salad *cocoa powder *85% dark chocolate *mint extract *garlic powder *paprika *red pepper flakes *salt & pepper *3 c. brown rice, not cooked *chili powder *taco seasoning *baked blue tortilla chips *extra virgin olive oil *oregano *lemon pepper *spray coconut oil *sunflower seeds *coconut oil *soy sauce</p>
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