

<p><u>Dairy:</u> *unsweetened almond milk *24 oz 2% cottage cheese *sliced cheese, your choice *(2) wedges of Light Laughing Cow Cheese *(1) dozen eggs *heavy cream *large 0% Plain Greek yogurt *3 c. cheddar cheese *sour cream *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese *(1) stick of butter *4 oz sharp cheddar cheese, diced</p> <p><u>Frozen:</u> *strawberries *peaches *mixed berries *(3) bags of broccoli</p> <p><u>Meat:</u> *6 oz deli ham *1 lb boneless skinless chicken breasts *4 lbs ground beef *pepperoni *4 lbs chicken drumsticks</p>	<p><u>Produce:</u> *(1) banana *celery *(3) 3 pk Romaine lettuce *(2) cucumbers *(4) green bell peppers *1 lb strawberries *garlic *green onions *large green cabbage *(3) onions *pint of cherry tomatoes *(4) yellow squash *1 lb mushrooms</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(3) 8 oz tomato sauce *1 c. salsa verde *(2) 15 oz pinto beans *(1) 15 oz black beans *(1) 14 oz corn *pizza sauce *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *on plan sweetener *protein powder *vanilla extract *peanut butter *85% dark chocolate *mint extract *coconut oil *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *red pepper flakes *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *salt & pepper *cumin *oregano *Italian seasoning *paprika *parsley *almond flour *cayenne pepper *ground sage, optional *nutritional yeast</p>
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