

<p><u>Dairy:</u> *large 0% Plain Greek yogurt *unsweetened almond milk *16 oz 2% cottage cheese *(14) eggs *sliced cheese *heavy cream *(1) full wheel of Light Laughing Cow Cheese *3 c. cheddar cheese *sour cream *12 oz 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *(1) stick of butter</p> <p><u>Meat:</u> *3 oz deli ham *5 lbs boneless skinless chicken breasts *5 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *mixed berries *peaches *strawberries *(2) bags of peas *(1) bag of cauliflower rice *(1) bag of broccoli</p>	<p><u>Produce:</u> *1 lb strawberries *(3) 3pk Romaine lettuce *(2) green bell peppers *(1) cucumber *(1) banana *(1) pint of blueberries *celery *(2) heads of broccoli *(2) red bell peppers *garlic *16 oz spinach *(2) onions *(3) tomatoes</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *salsa *20 oz spaghetti sauce *1/2 c. beef broth *ketchup *pizza sauce *(2) 15 oz green beans</p>	<p><u>Dry Grocery:</u> *protein powder *85% dark chocolate *mint extract *peanut butter *sparkling water *apple cider vinegar *lime juice *THM Cherry Burst *THM Pineapple Burst *Ranch dressing, for salad *vanilla extract *5 c. brown rice, not cooked *coconut oil *soy sauce *Frank's Red Hot sauce *red pepper flakes *salt & pepper *taco seasoning *chicken bouillon *marjoram *oregano *onion powder *garlic powder *cayenne pepper *Worcestershire sauce *paprika *sesame seeds *hot sauce *almond flour</p>
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