

<p><b><u>Dairy:</u></b>          *large 0% Plain Greek yogurt          *sliced cheese, your choice          *unsweetened almond milk          *16 oz 2% cottage cheese          *2 c. cheddar cheese          *(2) wedges Light Laughing Cow Cheese          *heavy cream          *(1) dozen eggs          *(1) stick of butter          *sour cream          *(1) 8 oz + 4 oz 1/3 less fat cream cheese          *14 oz 1% cottage cheese          *5 c. mozzarella cheese          *1 ½ c. egg whites</p> <p><b><u>Meat:</u></b>          *6 oz deli ham          *2 lbs ground beef          *1 lb Polish kielbasa          *2 ½ lbs boneless skinless chicken breasts          *pepperoni          *4 lbs chicken drumsticks</p> <p><b><u>Frozen:</u></b>          *mixed berries          *strawberries          *peaches          *(1) bag of cauliflower rice          *(1) bag of broccoli          *1 c. peas</p>	<p><b><u>Produce:</u></b>          *(2) 3 pk Romaine lettuce          *(4) cucumbers          *(4) green bell peppers          *celery          *(1) banana          *1 lb strawberries          *(1) pint of blueberries          *(3) onions          *garlic          *(1) green cabbage          *green onions          *16 oz spinach          *(3) small zucchini          *(1) red bell pepper</p> <p><b><u>Jarred/Canned:</u></b>          *mayo          *mustard          *dill pickles          *salsa          *1/3 c. chicken stock          *20 oz spaghetti sauce          *(1) 15 oz kidney beans          *(1) 15 oz chickpeas          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *peanut butter          *apple cider vinegar          *sparkling water          *lime juice          *on plan sweetener          *THM Cherry Burst          *THM Pineapple Burst          *vanilla extract          *low carb tortilla          *almonds          *Ranch dressing, for salad          *85% dark chocolate          *sesame oil          *soy sauce          *salt &amp; pepper          *red pepper flakes          *2 c. brown rice, not cooked          *taco seasoning          *oregano          *onion powder          *garlic powder          *cayenne pepper          *white vinegar          *almond flour          *paprika          *cumin          *chili powder          *dried dill          *lemon juice</p>
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