

|   |  |   |
|---|--|---|
| <p><b><u>Dairy:</u></b><br/>         *unsweetened almond milk<br/>         *16 oz 2% cottage cheese<br/>         *heavy cream<br/>         *(2) wedges of Light Laughing Cow Cheese<br/>         *large 0% Plain Greek yogurt<br/>         *sliced cheese, your choice<br/>         *(1) dozen eggs<br/>         *(1) stick of butter<br/>         *(2) cheese sticks<br/>         *4 c. cheddar cheese<br/>         *sour cream<br/>         *4 T. 1/3 less fat cream cheese<br/>         *4 c. mozzarella cheese</p> <p><b><u>Meat:</u></b><br/>         *3 oz deli meat<br/>         *3 ½ lbs boneless skinless chicken breasts<br/>         *3 lbs ground beef<br/>         *pepperoni<br/>         *2 lbs Italian ground sausage</p> <p><b><u>Frozen:</u></b><br/>         *mixed berries<br/>         *strawberries<br/>         *peaches<br/>         *1 c. peas<br/>         *(2) bags of seasoning blend<br/>         *(2) bags of cauliflower florets<br/>         *2 c. okra</p> | <p><b><u>Produce:</u></b><br/>         *celery<br/>         *(3) 3 pk Romaine lettuce<br/>         *(4) green bell peppers<br/>         *(1) cucumber<br/>         *(1) banana<br/>         *(1) pint of blueberries<br/>         *1 lb carrots<br/>         *green onions<br/>         *garlic<br/>         *(4) onions<br/>         *(1) zucchini<br/>         *small bag of spinach<br/>         *(3) tomatoes<br/>         *(1) small red onion<br/>         *small bunch of kale</p> <p><b><u>Canned/Jarred:</u></b><br/>         *mayo<br/>         *mustard<br/>         *dill pickles<br/>         *(1) 4 oz diced green chilies<br/>         *(2) 8 oz tomato sauce<br/>         *(1) 14.5 oz diced tomatoes<br/>         *(2) 15 oz Great Northern beans<br/>         *1/2 c. beef broth<br/>         *ketchup<br/>         *hot sauce<br/>         *pizza sauce<br/>         *Dijon mustard<br/>         *2 qt. Chicken broth</p> | <p><b><u>Dry Grocery:</u></b><br/>         *peanut butter<br/>         *on plan sweetener<br/>         *protein powder<br/>         *vanilla extract<br/>         *apple cider vinegar<br/>         *sparkling water<br/>         *lime juice<br/>         *THM Cherry Burst<br/>         *THM Pineapple Burst<br/>         *85% dark chocolate<br/>         *Ranch dressing, for salad<br/>         *olive oil<br/>         *salt &amp; pepper<br/>         *red pepper flakes<br/>         *taco seasoning<br/>         *(1) 10 pack low carb tortillas<br/>         *chili powder<br/>         *garlic powder<br/>         *onion powder<br/>         *cumin<br/>         *oregano<br/>         *Frank's Red Hot Sauce<br/>         *parsley<br/>         *Italian seasoning<br/>         *bay leave<br/>         *Worcestershire sauce<br/>         *paprika<br/>         *sesame seeds<br/>         *almond flour<br/>         *1 c. lentils<br/>         *lemon juice<br/>         *thyme</p> |
|---|--|---|