

<p><b><u>Dairy:</u></b>          *(3) wedges of Light Laughing Cow Cheese          *unsweetened almond milk          *heavy cream          *sliced cheese, your choice          *(13) eggs          *(1) stick of butter          *16 oz 2% cottage cheese          *4 c. cheddar cheese          *1/2 c. 0% Plain Greek yogurt          *sour cream          *4 c. Mozzarella cheese          *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>          *6 oz deli ham          *4 lbs ground beef          *2 1/2 lbs boneless skinless chicken breasts          *pepperoni</p> <p><b><u>Frozen:</u></b>          *strawberries          *peaches          *(1) bag of cauliflower rice          *(1) bag of peas</p>	<p><b><u>Produce:</u></b>          *(2) apples          *celery          *(3) 3 pack Romaine lettuce          *(5) green bell peppers          *(2) cucumbers          *1 lb strawberries          *1/2 of a banana          *(3) onions          *garlic          *(2) red bell peppers          *(2) heads of broccoli          *(1) pint of cherry tomatoes</p> <p><b><u>Canned/Jarred:</u></b>          *mayo          *mustard          *dill pickles          *(1) 4 oz diced green chilies          *(1) 15 oz tomato sauce          *(3) 15 oz black beans          *(3) 14 oz diced tomatoes          *10 c. chicken stock          *spaghetti sauce          *(1) 15 oz kidney beans          *pizza sauce          *(2) 15 oz pinto beans          *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b>          *old fashioned oats          *cinnamon          *Sweet &amp; Spicy tea. Optional          *collagen, optional          *peanut butter          *protein powder          *vanilla extract          *on plan sweetener          *sparkling water          *apple cider vinegar          *THM Cherry Burst          *THM Pineapple Burst          *lime juice          *Ranch dressing, for salad          *85% dark chocolate          *paprika          *salt &amp; pepper          *taco seasoning          *(1) 10 pack low carb tortillas          *chili powder          *garlic powder          *onion powder          *cumin          *oregano          *red pepper flakes          *1 c. quinoa, not cooked          *chili seasoning          *1/2 lb lentils          *almond flour          *2 c. brown rice, not cooked          *soy sauce          *Frank's Red Hot sauce          *dried parsley</p>
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