

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *large 0% Plain Greek yogurt *sliced cheese, your choice *(2) wedges of Light Laughing Cow Cheese *unsweetened almond milk *16 oz 2% cottage cheese *(1) cheese stick *heavy cream *8 oz + 4 oz 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *1 ½ c. egg whites</p> <p><u>Meat:</u> *3 oz deli meat *2 lbs ground beef *3 ½ lbs boneless skinless chicken breasts *3 lbs Italian sausage *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *mixed berries *strawberries *(3) 16 oz cauliflower florets *2 c. okra *1 c. peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *1 lb strawberries *(2) cucumbers *(3) green bell peppers *(2) 3 pk Romaine lettuce *(2) apples *celery *(1) lemon *(1) grapefruit *(4) colored bell peppers *(2) red onions *(1) lime *(3) onions *garlic *2 c. butternut squash *large bag of spinach *small bunch of kale *1 lb carrots *green onions *(3) tomatoes *1/2 head of iceberg lettuce</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *10 c. chicken broth *20 oz spaghetti sauce *pizza sauce *(1) 15 oz black beans *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *almonds *sparkling water *apple cider vinegar *THM Cherry Burst *THM Pineapple Burst *lime juice *on plan sweetener *old fashioned oats *cinnamon *tea *collagen *Ranch dressing, for salad *peanut butter *vanilla extract *protein powder *gluccie or xanthan gum, opt. *coconut oil *garlic powder *onion powder *salt & pepper *dried parsley *cayenne pepper *3 c. brown rice, not cooked *olive oil *red pepper flakes *dried sage *oregano *almond flour *sesame oil *soy sauce *taco seasoning *baked blue corn chips *white vinegar *lemon pepper</p>
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