

<p><u>Dairy:</u> *unsweetened almond milk *16 oz 2% cottage cheese *sliced cheese, your choice *large 0% Plain Greek yogurt *(1) cheese stick *(1) dozen eggs *(2) wedges of Light Laughing Cow Cheese *(1) stick of butter *(2) 8 oz + 4 oz 1/3 less fat cream cheese *4 c. mozzarella cheese</p> <p><u>Meat:</u> *3 oz deli meat *4 lbs ground beef *16 oz bacon *2 ½ lbs chicken tenders *3 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *mixed berries *strawberries *(1) bag of cauliflower rice *(1) bag of broccoli *1 c. peas</p>	<p><u>Produce:</u> *1 lb strawberries *(2) apples *(4) green bell peppers *(2) cucumbers *(2) 3 pk Romaine lettuce *(1) grapefruit *celery *(4) onions *garlic *(1) lime *1 lb carrots *(5) jalapeno peppers *green onions *1/2 head green cabbage *(1) red onion *(1) lemon</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(3) 8 oz tomato sauce *spaghetti sauce *(1) 10.5 oz Rotel *2 2/3 c. chicken broth *pizza sauce *(2) 14 oz diced tomatoes *Dijon mustard</p>	<p><u>Dry Grocery:</u> *mint extract *protein powder *on plan sweetener *85% dark chocolate *almonds *old fashioned oats *cinnamon *sparkling water *apple cider vinegar *THM Cherry Burst *THM Pineapple Burst *lime juice *peanut butter *caramel extract *cocoa powder *Ranch dressing, for salad *vanilla extract *taco seasoning *olive oil *salt & pepper *garlic powder *oregano *1 c. brown rice, not cooked *dried parsley *onion powder *red pepper flakes *chili powder *cumin *almond flour *coconut oil *paprika *Worcestershire sauce *cayenne pepper *liquid aminos or soy sauce *1 c. lentils *thyme</p>
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