

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *sliced cheese, your choice *unsweetened almond milk *large 0% Plain Greek yogurt *(1) cheese stick *heavy cream *(2) 8 oz 1/3 less fat cream cheese *5 c. mozzarella cheese *1 ½ c. egg whites</p> <p><u>Meat:</u> *3 oz deli meat *3 ½ lbs boneless skinless chicken breasts *(6) boneless skinless chicken thighs *1 lb ground beef *pepperoni *3 lb boneless chuck roast</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *2 c. peas *(4) bags of cauliflower rice *1/2 c. okra *(2) bags of broccoli</p>	<p><u>Produce:</u> *1 lb strawberries *(2) 3 pk Romaine lettuce *(2) cucumbers *(5) green bell peppers *(3) apples *1/2 of a banana *celery *1 lb carrots *(1) red onion *garlic *1 ½ c. mushrooms *green onions *(1) onion *1” cube of ginger</p> <p><u>Canned/Jarred:</u> *dill pickles *(1) 8 oz tomato sauce *1 ½ c. chicken broth *(2) 15 oz black beans *(2) 10.5 oz Rotel *salsa *(2) 15 oz green beans *(1) 6 oz tomato paste *4 c. vegetable broth *pizza sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder *caramel extract *vanilla extract *old fashioned oats *cinnamon *on plan sweetener *tea *collagen *Ranch dressing, for salad *almonds *garlic powder *onion powder *cayenne pepper *salt & pepper *olive oil *3 c. brown rice, not cooked *chili powder *paprika *red pepper flakes *creole seasoning *bay leaf *basil *oregano *coconut oil *taco seasoning *almond flour *sesame oil *soy sauce *rice wine vinegar *sesame seeds *red wine vinegar, for FP salad</p>
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