

<p><u>Dairy:</u> *(1) stick of butter *(2) dozen eggs *large 0% Plain Greek yogurt *unsweetened almond milk *sliced cheese, your choice *(1) wedge of Light Laughing Cow Cheese *sour cream *1 c. egg whites *2 c. mozzarella cheese</p> <p><u>Meat</u> *12 oz lean deli meat *2 lbs ground beef *4 ½ lbs boneless skinless chicken breasts *1 lb ground Italian sausage *pepperoni</p> <p><u>Frozen:</u> *mixed berries *(4) bags of cauliflower rice *(2) bags of seasoning blend *(1) bag of peas</p>	<p><u>Produce:</u> *1 lb strawberries *(2) apples *(2) 3 pk Romaine lettuce *celery *(1) cucumber *(2) green bell peppers *(2) onions *garlic *green onions *(1) lime *1 lb carrots *(1) zucchini *small bag of spinach *(2) heads of broccoli *(2) red bell peppers</p> <p><u>Canned/Jarred:</u> *dill pickles *mustard *mayo *(2) 8 oz tomato sauce *Frank's Red Hot Sauce *spaghetti sauce *2 c. vegetable broth *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *pizza sauce *1 c. chicken broth</p>	<p><u>Dry Grocery:</u> *old fashioned oats *cinnamon *on plan sweetener *tea *collagen *Ranch dressing, for salad *peanut butter *apple cider vinegar *sparkling water *THM Pineapple Burst *THM Cherry Burst *lime juice *protein powder *vanilla extract *caramel extract *red pepper flakes *soy sauce *3 c. brown rice, not cooked *taco seasoning *parsley *oregano *garlic powder *onion powder *salt & pepper *Italian seasoning *bay leaf *coconut oil spray</p>
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