

<p><u>Dairy:</u> *sliced cheese, your choice *5 T. butter *heavy cream *unsweetened almond milk *(1) dozen eggs *large 0% Plain Greek yogurt *8 oz 2% cottage cheese *4 c. cheddar cheese *4 c. mozzarella cheese *4 oz 1/3 less fat cream cheese *4 oz sharp cheddar or Swiss cheese *1 ½ c. egg whites</p> <p><u>Meat:</u> *9 oz deli meat *3 lbs boneless skinless chicken breasts *3 lbs ground beef *2 lb Italian sausage *pepperoni</p> <p><u>Frozen:</u> *mixed berries *(2) bags of broccoli *2 c. okra *1 c. peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *(2) apples *(1) 3 pk Romaine lettuce *(5) green bell peppers *(2) cucumbers *1 lb strawberries *garlic *(6) onions *green onions *(1) green cabbage *6 c. kale *1 lb carrots *1 ½ lbs small bell peppers</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(4) 8 oz tomato sauce *14 c. chicken broth *pickle jalapenos, optional *(1) 4 oz diced green chilies *(2) 15 oz black beans *(1) 14 oz diced tomatoes *pizza sauce</p>	<p><u>Dry Grocery:</u> *old fashioned oats *cinnamon *on plan sweetener *tea *collagen *apple cider vinegar *sparkling water *lime juice *THM Cherry Burst *THM Pineapple Burst *caramel extract *protein powder *peanut butter *salt & pepper *peanuts *vanilla extract *Ranch dressing, for salad *mint extract *garlic powder *onion powder *cayenne pepper *coconut oil *2 c. brown rice, not cooked *soy sauce *red pepper flakes *taco seasoning *(1) 10 pack low carb tortillas *chili powder *cumin *oregano *1 c. quinoa, not cooked *chili seasoning *Italian seasoning *almond flour *ground sage *nutritional yeast *coconut oil spray *sesame oil</p>
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