

<p><b><u>Dairy:</u></b>          *16 oz 2% cottage cheese          *unsweetened almond milk          *(2) dozen eggs          *large 0% plain Greek yogurt          *1 c. egg whites          *sour cream          *1 c. cheddar cheese          *(1) Stick of butter          *8 oz 1/3 less fat cream cheese          *14 oz 1% cottage cheese          *4 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>          *3 lbs boneless skinless chicken breasts          *3 lbs ground beef          *1 lb Polish kielbasa          *1 lb ground Italian sausage          *pepperoni          *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b>          *mixed berries          *strawberries          *(4) bags of cauliflower rice          *(2) bags of broccoli          *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>          *celery          *(3) apples          *(2) green bell peppers          *(1) cucumber          *(2) 3 pk Romaine lettuce          *1 lb strawberries          *1 lb carrots          *green onions          *garlic          *(1) head of green cabbage          *(3) onions          *16 oz spinach          *(1) head of Iceberg lettuce          *(2) zucchini          *(1) red onion          *cilantro</p> <p><b><u>Canned/Jarred:</u></b>          *(1) 8 oz tomato sauce          *5 1/3 c. chicken broth          *salsa          *20 oz spaghetti sauce          *(1) 15 oz kidney beans          *(1) 15 oz Great Northern beans          *(2) 14 oz diced tomatoes          *14 oz pizza sauce          *hot sauce</p>	<p><b><u>Dry Grocery:</u></b>          *on plan sweetener          *mint extract          *85% dark chocolate          *peanut butter          *apple cider vinegar          *sparkling water          *THM Cherry Burst          *THM Pineapple Burst          *lime juice          *old fashioned oats          *cinnamon          *tea          *collagen          *garlic powder          *onion powder          *cayenne pepper          *salt &amp; pepper          *Ranch dressing, for salad          *sesame oil          *soy sauce          *red pepper flakes          *taco seasoning          *oregano          *chili seasoning          *1/2 lb lentils          *ground ginger          *lemon pepper          *white vinegar</p>
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