

<p><b><u>Dairy:</u></b>          *large 0% plain Greek yogurt          *(1) dozen eggs          *(1) stick of butter          *(2) cheese sticks          *heavy cream          *unsweetened almond milk          *8 oz 2% cottage cheese          *(2) 1/3 less fat cream cheese          *4 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>          *9 oz lean deli meat          *6 lbs boneless skinless chicken breasts          *1 lb ground beef          *pepperoni          *2 lbs ground beef</p> <p><b><u>Frozen:</u></b>          *mixed berries          *(2) bags of broccoli          *(2) bags of cauliflower rice          *(2) bags of seasoning blend          *1 1/2 c. okra</p>	<p><b><u>Produce:</u></b>          *2 lbs strawberries          *(2) cucumbers          *(4) green bell peppers          *(2) 3 pk Romaine lettuce          *(2) apples          *1 lb carrots          *garlic          *(3) onions</p> <p><b><u>Canned/Jarred:</u></b>          *dill pickles          *(1) 8 oz tomato sauce          *4 1/2 c. chicken broth          *(2) 15 oz black beans          *salsa          *(2) 10.5 oz Rotel          *16 oz + 1 c. salsa verde          *spaghetti sauce          *(1) 15 oz Great Northern beans          *pizza sauce          *(2) 14 oz diced tomatoes          *(1) 15 oz pinto          *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b>          *on plan sweetener          *apple cider vinegar          *sparkling water          *lime juice          *THM Pineapple Burst          *THM Cherry Burst          *salt &amp; pepper          *garlic powder          *onion powder          *cayenne pepper          *peanut butter          *almonds          *old fashioned oats          *cinnamon          *tea          *collagen          *mint extract          *protein powder          *85% dark chocolate          *4 c. brown rice, not cooked          *soy sauce or aminos          *olive or avocado oil          *red pepper flakes          *chili powder          *cumin          *Ranch dressing, optional          *almond flour</p>
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