

<p><u>Dairy:</u> *heavy cream *(1) dozen eggs *(1) stick of butter *24 oz 2% cottage cheese *unsweetened almond milk *(1) small 0% Plain Greek yogurt *2 c. cheddar cheese *(1) 8 oz + 4 oz 1/3 less fat cream cheese *4 c. mozzarella cheese *1 1/2 c. egg whites</p> <p><u>Meat:</u> *5 1/2 lbs boneless skinless chicken breasts *6 oz lean deli meat *2 lbs ground beef *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *strawberries *peaches *mixed berries *1 c. peas *(2) bags of seasoning blend *(2) bags of cauliflower rice</p>	<p><u>Produce:</u> *(2) apples *celery *(2) onions *(4) cucumbers *(6) green bell peppers *blueberries *1/2 of a banana *(2) 3 pk Romaine lettuce *garlic *(2) large spaghetti squash *green onions *1 lb carrots</p> <p><u>Canned/Jarred:</u> *mayo *dill pickles *5 c. chicken broth *(1) 8 oz tomato sauce *(3) 15 oz black beans *spaghetti sauce *(1) 10.5 oz Rotel *4 c. vegetable broth *pizza sauce *(1) 15 oz pinto beans *(1) 14 oz corn</p>	<p><u>Dry Grocery:</u> *old fashioned oats *cinnamon *tea *collagen *peanut butter *85% dark chocolate *vanilla extract *on plan sweetener *Swerve Brown sweetener *garlic powder *salt & pepper *apple cider vinegar *sparkling water *lime juice *THM Cherry Burst *THM Pineapple Burst *protein powder *almonds *Ranch dressing, for salad *3 c. brown rice, not cooked *soy sauce *red pepper flakes *chili powder *cumin *almond flour *1 c. quinoa, not cooked *chili seasoning *olive or avocado oil *taco seasoning *cayenne pepper *sesame oil</p>
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