

<p><u>Dairy:</u> *unsweetened almond milk *heavy cream *(1) cheese stick *(1) stick of butter *(1) dozen eggs *sliced cheese *large 0% Plain Greek yogurt *1 ½ c. egg whites *4 oz 1/3 less fat cream cheese *4 c. mozzarella cheese *2 c. cheddar cheese</p> <p><u>Meat:</u> *3 oz lean deli meat *4 ½ lbs boneless skinless chicken breasts *3 lbs beef roast *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *mixed berries *(1) bag of cauliflower rice *(2) bags of seasoning blend *(1) bag of broccoli *2 c. okra</p>	<p><u>Produce:</u> *(3) cucumbers *(5) Green bell peppers *(1) pint of blueberries *1 lb strawberries *(2) Apples *celery *(3) 3 pk Romaine lettuce *1 lb carrots *green onions *garlic *(5) onions *(2) heads of green cabbage *6 c. kale</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *mayo *mustard *dill pickles *(1) 14.5 oz fire-roasted tomatoes *chipotle chilies in Adobo sauce *4 c. vegetable stock *(2) 15 oz Great Northern beans *pizza sauce *(1) 14 oz diced tomatoes *(2) 10.5 oz Rotel *(1) 15 oz pinto beans</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder *on plan sweetener *vanilla extract *apple cider vinegar *sparkling water *lime juice *THM Pineapple Burst *THM Cherry Burst *almonds *old fashioned oats *cinnamon *tea *collagen *garlic powder *onion powder *cayenne pepper *Ranch dressing, for salad *85% dark chocolate *coconut oil spray *salt & pepper *1 c. brown rice, not cooked *soy sauce *red pepper flakes *coconut oil *chili powder *cumin *paprika *oregano *Italian seasoning *1/2 c. quinoa, not cooked *rosemary *red wine vinegar *almond flour *ground ginger *rice wine vinegar</p>
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