

<p><b><u>Dairy:</u></b>          *heavy cream          *(1) stick of butter          *unsweetened almond milk          *(1) dozen eggs          *large 0% Plain Greek yogurt          *(1) cheese stick          *3 c. cheddar cheese          *sour cream          *4 oz 1/3 less fat cream cheese          *4 c. mozzarella cheese          1 1/2 c. egg whites</p> <p><b><u>Meat:</u></b>          *7 lbs boneless skinless chicken breasts          *2 lbs ground beef          *pepperoni</p> <p><b><u>Frozen:</u></b>          *strawberries          *peaches          *mixed berries          *(3) cauliflower rice          *(2) seasoning blend          *1 c. peas</p>	<p><b><u>Produce:</u></b>          *(2) apples          *1/2 of a banana          *(2) cucumbers          *(5) green bell peppers          *(3) 3 pk Romaine lettuce          *1 lb strawberries          *celery          *(3) onions          *green onions          *garlic          *1 lb carrots</p> <p><b><u>Canned/Jarred:</u></b>          *(3) 8 oz tomato sauce          *4 oz diced green chilies          *Frank's Red Hot sauce          *spaghetti sauce          *4 c. chicken broth          *(2) 14 oz diced tomatoes          *(1) 15 oz kidney beans          *(1) 15 oz Great Northern beans          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *old fashioned oats          *cinnamon          *tea          *collagen          *peanut butter          *on plan sweetener          *peanuts          *caramel extract          *apple cider vinegar          *sparkling water          *lime juice          *THM Cherry Burst          *THM Pineapple Burst          *protein powder          *vanilla extract          *salt &amp; pepper          *garlic powder          *onion powder          *cayenne pepper          *Ranch dressing, for salad          *soy sauce          *coconut oil          *taco seasoning          *(1) 10 pack low carb tortillas          *chili powder          *cumin          *oregano          *parsley          *1/2 lb lentils          *almond flours          *liquid smoke, optional          *coconut oil spray          *sesame oil          *2 c. brown rice, not cooked          *red pepper flakes</p>
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