

<p><b><u>Dairy:</u></b>                  *(1) dozen eggs                  *(1) stick of butter                  *(2) cheese sticks                  *large 0% Plain Greek yogurt                  *sliced cheese, your choice                  *unsweetened almond milk                  *heavy cream                  *8 oz 2% cottage cheese                  *(4) 8 oz 1/3 less fat cream cheese                  *1 c. Parmesan                  *4 c. mozzarella cheese                  *1 ½ c. cheddar</p> <p><b><u>Meat:</u></b>                  *8 lbs boneless skinless chicken breasts                  *12 oz lean deli meat                  *8 oz bacon                  *pepperoni                  *1 lb ground beef</p> <p><b><u>Frozen:</u></b>                  *mixed berries                  *(3) bags of cauliflower rice                  *(1) bag of seasoning blend                  *(1) bag of broccoli                  *(2) 10 oz spinach                  *(1) bag of peas</p>	<p><b><u>Produce:</u></b>                  *1 lb strawberries                  *(3) cucumbers                  *(5) green bell peppers                  *(3) apples                  *(2) 3 pk Romaine lettuce                  *1 lb carrots                  *green onions                  *garlic                  *(4) onions                  *(2) zucchini                  *celery                  *(5) jalapenos                  *1 lb mushrooms                  *(2) heads of broccoli                  *(2) red bell peppers</p> <p><b><u>Canned/Jarred:</u></b>                  *mustard                  *mayo                  *dill pickles                  *(1) 8 oz tomato sauce                  *(2) 15 oz black beans                  *salsa                  *(2) 10.5 oz Rotel                  *2 lbs dry chick peas                  *(2) 14 oz diced tomatoes                  *12 ½ c. chicken broth                  *pizza sauce                  *(2) 15 oz green beans                  *Frank's Red Hot Sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *apple cider vinegar                  *sparkling water                  *lime juice                  *THM Cherry Burst                  *THM Pineapple Burst                  *cinnamon                  *almonds                  *Ranch dressing, for salad                  *peanut butter                  *protein powder                  *vanilla extract                  *old fashioned oats                  *tea                  *collagen                  *onion powder                  *garlic powder                  *cayenne pepper                  *salt &amp; pepper                  *3 c. brown rice, not cooked                  *red pepper flakes                  *chili powder                  *turmeric                  *curry powder                  *olive or avocado oil                  *oregano                  *cumin                  *almond flour                  *paprika                  *coconut oil                  *soy sauce</p>
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