

<p><u>Dairy:</u> *sliced cheese (your choice) *(3) wedges of Light Laughing Cow Cheese (not whole wheels) *(1) Dozen eggs *(1) stick of butter *heavy cream *large 0% Plain Greek yogurt *unsweetened almond milk *1 c. cheddar cheese *sour cream *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *9 oz lean deli meat *1 lb ground sausage *(2) bags of pepperoni *5 lbs boneless skinless chicken breasts *2 lbs ground beef</p> <p><u>Frozen:</u> *mixed berries *strawberries *2 c. okra *(1) bag of cauliflower rice *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(3) apples *(2) 3 pk Romaine lettuce *(2) cucumbers *(3) green bell peppers *celery *strawberries *(1) grapefruit *(3) onions *garlic *celery *1/2 green cabbage *1 lb carrots *(1) zucchini *small bag of spinach</p> <p><u>Canned/Jarred:</u> *mustard *mayo *(3) 8 oz tomato sauce *2 quarts chicken broth *dill pickles *(2) 10.5 oz Rotel *salsa *(2) pizza sauce *spaghetti sauce *(6) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *(1) 15 oz corn *2 c. vegetable broth</p>	<p><u>Dry Grocery:</u> *old fashioned oats *cinnamon *tea *collagen *apple cider vinegar *sparkling water *lime juice *THM Cherry Burst *THM Pineapple Burst *peanut butter *85% dark chocolate *garlic powder *onion powder *salt & pepper *cayenne pepper *vanilla extract *coconut oil *chili powder *paprika *1 c. brown rice, not cooked *basil *oregano *soy sauce *ground ginger *rice vinegar *taco seasoning *cumin *almond flour *Ranch dressing, for salad</p>
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