

<p><u>Dairy:</u> *(2) dozen eggs *(1) stick of butter *(1) 1g 0% Plain Greek yogurt *unsweetened almond milk *8 oz 2% cottage cheese *heavy cream *3 c. cheddar cheese *1 ½ c. egg whites *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *8 oz bacon *5 lbs ground beef *2 lbs steak *ham (appropriate size for your family) *pepperoni *2 ½ lbs boneless skinless chicken breasts</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(1) bag of cauliflower rice *(1) bag of green beans *(1) bag of okra *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(2) zucchini *1/2 of a banana *(1) 3 pk Romaine lettuce *celery *(1) pint blueberries *2 lb strawberries *(2) apples *(1) cucumber *(5) green bell peppers *(6) onions *1 lb carrots *garlic *(1) lime *3 lbs sweet potatoes *(1) head of broccoli (for roasted vegetables) *(1) head of cauliflower (for roasted vegetables)</p> <p><u>Canned/Jarred:</u> *(5) 8 oz tomato sauce *3 c. chicken broth *(4) 14 oz diced tomatoes *(1) 15 oz pinto beans *2/3 c. beef broth *pizza sauce *(4) 15 oz Great Northern beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *on plan sweetener *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *vanilla extract *protein powder *Ranch dressing, for salad *peanut butter *almonds *peanuts *caramel extract *old fashioned oats *cinnamon *tea *collagen *onion powder *garlic powder *cayenne pepper *salt & pepper *red pepper flakes *olive oil *1 c. brown rice, not cooked *taco seasoning *chili powder *Bragg's Liquid aminos, optional *coconut oil *paprika *Worcestershire sauce *almond flour *cumin</p>
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