

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *heavy cream *large 0% Plain Greek yogurt *sliced cheese *unsweetened almond milk *1 c. cheddar cheese *sour cream *1 ½ c. egg whites *8 oz + 4 oz 1/3 less fat cream cheese *4 c. mozzarella cheese</p> <p><u>Meat:</u> *9 oz lean deli meat *4 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *strawberries *peaches *(4) bags of cauliflower rice *(2) bags of peas</p>	<p><u>Produce:</u> *1 lb strawberries *(2) 3 pk Romaine lettuce *(3) cucumbers *(5) Green bell peppers *pint of blueberries *(2) apples *celery *1/2 of a banana *(2) heads of broccoli *(3) red bell peppers *garlic *(3) onions *1 lb carrots *(1) zucchini *green onions</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(1) 8 oz tomato sauce *3 quarts chicken broth *Frank's Red Hot Sauce *(1) 10.5 oz Rotel *salsa *1 quart vegetable broth *spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *on plan sweetener *vanilla extract *85% dark chocolate *apple cider vinegar *sparkling water *lime juice *THM Cherry Burst *THM Pineapple Burst *old fashioned oats *cinnamon *tea *collagen *almonds *protein powder *onion powder *garlic powder *cayenne pepper *salt & pepper *soy sauce *red pepper flakes *cumin *chili powder *(2) taco seasoning *1 lb green or brown lentils *olive oil *curry powder *turmeric *sesame oil *4 c. brown rice, cooked *Ranch dressing, for salad *almond flour</p>
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