

<p><u>Dairy:</u> *large 0% Plain Greek yogurt *heavy cream *(1) dozen eggs *unsweetened almond milk *(1) stick of butter *3 c. cheddar cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *sour cream *8 oz 1/3 less fat cream cheese</p> <p><u>Meat:</u> *6 oz lean deli meat *5 lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni *6-8 chicken thighs *1 c. fried and crumbled bacon</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(1) bag of cauliflower rice *(1) bag of seasoning blend *(1) bag of broccoli</p>	<p><u>Produce:</u> *(2) apples *(3) 3 pk Romaine lettuce *1/2 of a banana *1 lb strawberries *(2) cucumbers *(4) green bell peppers *celery *garlic *(5) onions *24 oz spinach *1 lb carrots *(1) zucchini *celery *1/2 of a green cabbage</p> <p><u>Canned/Jarred:</u> *dill pickles *(3) 8 oz tomato sauce *1/2 c. chicken broth *Frank's Red Hot sauce *(1) 4 oz diced green chilies *20 oz spaghetti sauce *2 c. vegetable broth *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *pizza sauce *jarred jalapenos</p>	<p><u>Dry Grocery:</u> *on plan sweetener *peanut butter *peanuts *caramel extract *vanilla extract *apple cider vinegar *sparkling water *lime juice *THM Pineapple Burst *THM Cherry Burst *old fashioned oats *cinnamon *tea *collagen *Ranch dressing, for salad *protein powder *soy sauce *red pepper flakes *taco seasoning *(1) 10 pack low carb tortillas *chili powder *garlic powder *onion powder *salt & pepper *cumin *oregano *cayenne pepper *dried parsley *olive oil *Italian seasoning *bay leaf *almond flour *ground ginger *rice vinegar *coconut oil</p>
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