

<p><u>Dairy:</u> *(2) dozen eggs *(1) stick of butter *heavy cream *sliced cheese, your choice *large 0% Plain Greek yogurt *(2) 8 oz 1/3 less fat cream cheese *4 c. mozzarella cheese *1 c. cheddar cheese *1 ½ c egg whites</p> <p><u>Meat:</u> *9 oz lean deli meat *6 lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni *1/2 lb bacon</p> <p><u>Frozen:</u> *mixed berries *(1) bag of broccoli *1 c. peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *(2) zucchini *(2) apples *(2) 3 pk Romaine lettuce *(2) cucumbers *(5) green bell peppers *1 lb strawberries *celery *(3) onions *garlic *(1) lime *green onions *1 lb carrots</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *(2) 8 oz tomato sauce *spaghetti sauce *(2) 15 oz black beans *(1) 14 oz diced tomatoes *5 c. chicken broth *(1) 10.5 oz Rotel *4 c. vegetable broth *pizza sauce *sugar free BBQ sauce, optional</p>	<p><u>Dry Grocery:</u> *peanut butter *vanilla extract *85% dark chocolate *on plan sweetener *apple cider vinegar *sparkling water *lime juice *THM Pineapple Burst *THM Cherry Burst *old fashioned oats *cinnamon *tea *collagen *almonds *Ranch dressing, for salad *onion powder *garlic powder *salt & pepper *coconut oil *3 c. brown rice, not cooked *(2) taco seasoning *1 c. quinoa, not cooked *chili seasoning *olive oil *chili powder *almond flour *paprika *sesame oil *soy sauce *red pepper flakes</p>
---	---	--