

<p><u>Dairy:</u> *heavy cream *large 0% Plain Greek yogurt *unsweetened almond milk *(1) dozen eggs *(1) stick of butter *8 oz 2% cottage cheese *sour cream *4 c. mozzarella cheese *8 oz 1/3 less fat cream cheese</p> <p><u>Meat:</u> *6 oz lean deli meat *3 lbs ground beef *2 ½ lbs chicken tenderloins *14 oz Polish kielbasa *pepperoni *2 lbs boneless skinless chicken breasts</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(2) bags of cauliflower rice *(1) bag of green beans *2/3 c. okra *(1) bag of broccoli *(2) bags of stir-fry veggies</p>	<p><u>Produce:</u> *(2) apples *(3) cucumbers *(5) green bell peppers *celery *(3) 3 pk Romaine lettuce *1/2 of a banana *(1) zucchini *garlic *1 ½ heads of green cabbage *(4) onions</p> <p><u>Canned/Jarred:</u> *(1) 8 oz tomato sauce *6 ½ c. chicken broth *dill pickles *salsa *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(4) 14 oz diced tomatoes *pizza sauce</p>	<p><u>Dry Grocery:</u> *old fashioned oats *cinnamon *collagen *tea *on plan sweetener *peanut butter *vanilla extract *85 % dark chocolate *sparkling water *apple cider vinegar *THM Pineapple Burst *THM Cherry Burst *lime juice *onion powder *garlic powder *cayenne *Ranch dressing, for salad *protein powder *coconut oil spray *salt & pepper *soy sauce *red pepper flakes *taco seasoning *chili powder *paprika *olive oil *chili seasoning *1/2 lb lentils *almond flour *coconut oil *Worcestershire sauce</p>
--	--	---