

<p><b><u>Dairy:</u></b>                  *(1) dozen eggs                  *(1) stick of butter                  *large 0% Plain Greek yogurt                  *sliced cheese, your choice                  *8 oz 2 % cottage cheese                  *heavy cream                  *(1) cheese stick                  *(2) 8 oz 1/3 less fat cream cheese                  *4 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>                  *9 oz lean deli meat                  *2 lbs boneless skinless chicken breasts                  *1 lb ground beef                  *1 lb bacon                  *2 ½ lbs chicken tenderloins                  *2 lbs ground Italian sausage                  *pepperoni                  *2 lbs ground turkey                  *3 lbs boneless beef roast</p> <p><b><u>Frozen:</u></b>                  *mixed berries                  *strawberries                  *(2) Bags of cauliflower rice                  *(2) bags of seasoning blend                  *(2) 16 oz cauliflower florets                  *2 c. okra                  *(2) bags of broccoli</p>	<p><b><u>Produce:</u></b>                  *(2) zucchini                  *celery                  *(3) 3 pk Romaine lettuce                  *(2) cucumbers                  *(4) green bell peppers                  *(2) apples                  *garlic                  *(3) onions                  *1 lb carrots                  *6 c. kale or spinach                  *1” cube of ginger                  *green onions</p> <p><b><u>Canned/Jarred:</u></b>                  *mayo                  *mustard                  *(1) 8 oz tomato sauce                  *dill pickles                  *10 c. chicken broth                  *(1) 4 oz diced green chilies                  *salsa                  *(1) 15 oz black beans                  *spaghetti sauce                  *pizza sauce                  *(3) 10.5 oz Rotel                  *(1) 15 oz pinto beans                  *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b>                  *peanut butter                  *apple cider vinegar                  *on plan sweetener                  *sparkling water                  *THM Cherry Burst                  *THM Pineapple Burst                  *old fashioned oats                  *cinnamon                  *tea                  *collagen                  *onion powder                  *garlic powder                  *salt &amp; pepper                  *cayenne pepper                  *Ranch dressing, for salad                  *85 % dark chocolate                  *soy sauce                  *olive oil                  *1 2/3 c. brown rice, not cooked                  *cumin                  *parsley                  *almond flour                  *chili powder                  *red pepper flakes                  *rice vinegar                  *sesame oil                  *sesame seeds</p>
--	---	--