

<p><u>Dairy:</u> *heavy cream *(1) stick of butter *(1) dozen eggs *Sliced cheese, your choice *large 0% Plain Greek yogurt *unsweetened almond milk *8 oz 2% cottage cheese *sour cream *1 c. cheddar cheese *Parmesan cheese *4 c. mozzarella cheese *4 oz 1/3 less fat cream cheese</p> <p><u>Meat:</u> *9 oz lean deli meat *4 ½ lbs boneless skinless chicken breasts *1 lb ground beef *2 ½ lbs chicken tenderloins *pepperoni *1 ½ lb smoked sausage</p> <p><u>Frozen:</u> *mixed berries *strawberries *(1) bag of cauliflower rice *(1) bag of seasoning blend *(1) bag of broccoli *(1) bag of peas</p>	<p><u>Produce:</u> *(3) apples *(2) zucchini *(2) 3 pk Romaine lettuce *(1) cucumber *(3) green bell peppers *celery *1/2 of a banana *1 lb carrots *green onions *garlic *6 oz spinach *(2) onions *large green cabbage *(2) heads of broccoli *(2) red bell peppers</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *salsa *15 c. chicken broth *(4) 14 oz diced tomatoes *1/2 of a 7 oz sun-dried tomatoes *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *pizza sauce *Frank's Red Hot Sauce</p>	<p><u>Dry Grocery:</u> *old fashioned oats *cinnamon *tea *collagen *peanut butter *on plan sweetener *85% dark chocolate *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *protein powder *vanilla extract *Ranch dressing, for salad *salt & pepper *red pepper flakes *taco seasoning *2 lbs dry chick peas *onion powder *turmeric *curry powder *garlic powder *Italian seasoning *oregano *olive oil *chili seasoning *1/2 lb green or brown lentils *almond flour *2 c. brown rice, not cooked</p>
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