

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *heavy cream *large 0% Plain Greek yogurt *sliced cheese, your choice *unsweetened almond milk *(1) cheese stick *sour cream *1 ½ 8 oz 1/3 less fat cream cheese *4 c. mozzarella cheese</p> <p><u>Meat:</u> *6 oz lean deli meat *5 lbs boneless skinless chicken breasts *2 lbs ground beef *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(2) bags of seasoning blend *(2) bags of cauliflower rice</p>	<p><u>Produce:</u> *(2) zucchini *(3) apples *(3) cucumbers *(6) green bell peppers *1/2 banana *(3) 3pk Romaine lettuce *celery *garlic *(4) onions *1/2 green cabbage</p> <p><u>Canned/Jarred:</u> *(1) 8 oz tomato sauce *mayo *mustard *dill pickles *Frank's Red Hot Sauce *(2) 15 oz black beans *(2) 10.5 oz Rotel *salsa *spaghetti sauce *4 c. vegetable or beef broth *pizza sauce *(2) 14 oz diced tomatoes *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *peanut butter *peanuts *on plan sweetener *caramel extract *apple cider vinegar *sparkling water *lime juice *THM Pineapple Burst *THM Cherry Burst *old fashioned oats *cinnamon *tea *collagen *protein powder *vanilla extract *almonds *1 c. brown rice, not cooked *red pepper flakes *chili powder *salt & pepper *chili powder *dried parsley *oregano *onion powder *garlic powder *olive oil *taco seasoning *almond flour *cumin *cayenne pepper *soy sauce *ground ginger *rice vinegar</p>
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