

<p><b><u>Dairy:</u></b>                  *unsweetened almond milk                  *large 0% Plain Greek yogurt                  *(1) dozen eggs                  *24 oz 2% cottage cheese                  *(1) stick of butter                  *heavy cream                  *1 ½ c. egg whites                  *8 oz cheddar cheese                  *4 c. mozzarella cheese                  *4 oz 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *5 ½ lbs boneless skinless chicken breasts                  *3 lbs ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *mixed berries                  *strawberries                  *peaches                  *(2) bags of cauliflower rice                  *(1) bag of green beans                  *2 c. okra                  *(2) bags of stir-fry vegetables</p>	<p><b><u>Produce:</u></b>                  *(2) apples                  *(2) 3 pk Romaine lettuce                  *(3) zucchini                  *1/2 of a banana                  *celery                  *(2) green bell peppers                  *(4) onions                  *garlic                  *(1) lime                  *green onions                  *1 lb carrots                  *small bag of spinach</p> <p><b><u>Canned/Jarred:</u></b>                  *(3) 8 oz tomato sauce                  *(2) 15 oz black beans                  *(3) 14 oz diced tomatoes                  *6 c. chicken broth                  *28 oz crushed tomatoes with basil                  *2 c. vegetable broth                  *(2) 15 oz Great Northern beans                  *(2) 10.5 oz Rotel                  *(1) 15 oz pinto beans                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *peanut butter                  *on plan sweetener                  *protein powder                  *cocoa powder                  *coconut oil                  *vanilla extract                  *apple cider vinegar                  *sparkling water                  *THM Pineapple Burst                  *THM Cherry Burst                  *lime juice                  *old fashioned oats                  *cinnamon                  *tea                  *collagen                  *Ranch dressing, for salad                  *85% dark chocolate                  *onion powder                  *garlic powder                  *salt &amp; pepper                  *1 c. brown rice, not cooked                  *taco seasoning                  *1 c. quinoa, not cooked                  *chili seasoning                  *basil                  *balsamic vinegar                  *olive oil                  *Italian seasoning                  *bay leaves                  *red pepper flakes                  *almond flour                  *soy sauce</p>
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