

<p><b><u>Dairy:</u></b>            *unsweetened almond milk            *16 oz 2% cottage cheese            *(3) cheese sticks            *sliced cheese, your choice            *heavy cream            *(1) sm. 0% plain Greek yogurt            *(1) dozen eggs            *2 T. butter            *3 c. cheddar cheese            *1 ½ 8 oz 1/3 less fat cream cheese            *4 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>            *6 oz lean deli meat            *6 lbs boneless skinless chicken breasts            *1 lb ground beef            *1 lb ground turkey            *8 oz bacon            *pepperoni</p> <p><b><u>Frozen:</u></b>            *mixed berries            *strawberries            *peaches            *(1) bag of cauliflower rice            *(2) bags of peas</p>	<p><b><u>Produce:</u></b>            *(4) cucumbers            *(6) green bell peppers            *(2) apples            *(2) 3 pk Romaine lettuce            *(2) zucchini            *1 lb strawberries            *1/2 of a banana            *garlic            *(4) onions            *(4) colored peppers            *3 c. Swiss chard            *pint of cherry tomatoes            *11 oz spinach            *1 lb carrots            *celery            *(5) jalapenos            *green onions            *(1) red onion            *(1) lemon            *(2) heads of broccoli</p> <p><b><u>Canned/Jarred:</u></b>            *mayo            *mustard            *dill pickles            *9 ½ c. chicken broth            *(1) 4 oz diced green chilies            *(2) 8 oz tomato sauce            *(1) 28 oz crushed tomatoes            *(1) 14 oz diced tomatoes            *(1) 10.5 oz Rotel            *pizza sauce            *Dijon mustard</p>	<p><b><u>Dry Grocery:</u></b>            *on plan sweetener            *mint extract            *85% dark chocolate            *protein powder            *old fashioned oats            *cinnamon            *collagen            *tea            *peanut butter            *apple cider vinegar            *sparkling water            *lime juice            *THM Pineapple Burst            *THM Cherry Burst            *almonds            *applesauce            *vanilla extract            *soy sauce            *extra virgin olive oil            *red pepper flakes            *taco seasoning            *(1) 10 pack low carb tortillas            *chili powder            *onion powder            *garlic powder            *salt &amp; pepper            *cumin            *oregano            *1 c. pearled barley            *basil            *2 ½ c. brown rice, not cooked            *bay leaves            *coconut oil            *balsamic vinegar            *almond flour            *1 c. lentils            *thyme            *parsley</p>
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