

<p><u>Dairy:</u> *large 0% Plain Greek yogurt *(1) dozen eggs *(1) stick of butter *sliced cheese, your choice *unsweetened almond milk *8 oz 2% cottage cheese *heavy cream *16 oz 1% cottage cheese *2 ½ 8 oz 1/3 less fat cream cheese *6 c. mozzarella cheese *Parmesan cheese</p> <p><u>Meat:</u> *6 oz lean deli meat *2 lbs ground turkey *(4) chicken sausages *2 lbs ground beef *4 lbs boneless skinless chicken breasts *8 oz bacon *pepperoni</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(2) bags of seasoning blend *(1) Bag of cauliflower rice *(1) bag of broccoli</p>	<p><u>Produce:</u> *(3) cucumbers *(5) green bell peppers *celery *(6) zucchini *(3) 3 pk Romaine lettuce *(3) apples *1/2 of a banana *(3) onions *garlic *(1) lime *small bag of spinach *(1) large carrot *(5) jalapenos *green onions</p> <p><u>Canned/Jarred:</u> *mustard *mayo *dill pickles *10 c. chicken broth *(2) 8 oz tomato sauce *(2) 14.5 oz fire roasted tomatoes *(1) 6 oz tomato paste *(3) 14 oz pizza sauce *(1) 10.5 oz Rotel *(1) 15 oz red beans</p>	<p><u>Dry Grocery:</u> *on plan sweetener *peanut butter *apple cider vinegar *sparkling water *THM Pineapple Burst *THM Cherry Burst *lime juice *cinnamon *vanilla extract *protein powder *almonds *old fashioned oats *tea *collagen *Ranch dressing, for salad *85% dark chocolate *mint extract *coconut oil *salt & pepper *garlic powder *red pepper flakes *1 c. brown rice, not cooked *taco seasoning *1 lb lentils *oregano *cayenne pepper *parsley *chili powder *cumin *almond flour *Tony Chachere's seasoning *ground sage *1 ½ c. quinoa, not cooked *soy sauce *sesame oil *black strap molasses *ground ginger *gluccie or xanthan gum *sesame seeds *Baking Blend (or can use almond flour)</p>
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