

<p><b><u>Dairy:</u></b>          *sliced cheese, your choice          *heavy cream          *unsweetened almond milk          *16 oz 2% cottage cheese          *(1) small 0% Plain Greek yogurt          *(2) cheese sticks          *(1) dozen eggs          *2 T. butter          *1 c. cheddar cheese          *sour cream          *4 c. mozzarella cheese          *4 oz 1/3 less fat cream cheese          *1 1/2 c. egg whites</p> <p><b><u>Meat:</u></b>          *9 oz lean deli meat          *4 1/2 lbs boneless skinless chicken breasts          *2 lbs ground beef          *pepperoni          *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b>          *strawberries          *peaches          *mixed berries          *(1) bag of seasoning blend          *(1) bag of cauliflower rice          *1 c. peas</p>	<p><b><u>Produce:</u></b>          *(2) apples          *(2) 3 pk Romaine lettuce          *(6) Green bell peppers          *(3) cucumbers          *1/2 of a banana          *celery          *1 lb strawberries          *(7) onions          *garlic          *(1) large green cabbage          *1 lb carrots          *green onions</p> <p><b><u>Canned/Jarred:</u></b>          *mayo          *mustard          *dill pickles          *(2) 8 oz tomato sauce          *5 c. chicken broth          *(2) 15 oz stewed tomatoes          *(1) 15 oz kidney beans          *(1) 15 oz Great Northern beans          *(4) 14 oz diced tomatoes          *pizza sauce          *(1) 15 oz pinto beans          *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b>          *old fashioned oats          *cinnamon          *on plan sweetener          *tea          *collagen          *peanut butter          *vanilla extract          *85% dark chocolate          *apple cider vinegar          *sparkling water          *THM Cherry Burst          *THM Pineapple Burst          *lime juice          *protein powder          *salt &amp; pepper          *garlic powder          *onion powder          *cayenne pepper          *mint extract          *coconut oil          *(1) taco seasoning          *Better Than Bouillon Chicken          *2 c. quinoa, not cooked          *1 c. wild rice, not cooked          *curry powder          *Chinese 5 Spice          *Italian seasoning          *Ranch dressing, for salad          *olive oil          *chili seasoning          *1/2 lb lentils          *almond flour          *4 c. brown rice, not cooked          *chili powder          *cumin          *sesame oil          *coconut oil spray          *soy sauce          *red pepper flakes</p>
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