

<p><u>Dairy:</u> *unsweetened almond milk *heavy cream *(1) dozen eggs *1 c. cheddar cheese *(1) cheese stick *2 T. butter *sliced cheese, your choice *(1) sm. 0% Plain Greek yogurt *16 oz 1% cottage cheese *2 ½ 8 oz 1/3 less fat cream cheese *6 c. mozzarella cheese</p> <p><u>Meat:</u> *9 oz lean deli meat *2 lbs ground turkey *(4) chicken sausage links *2 lbs ground beef *3 lbs boneless skinless chicken breasts *8 oz bacon *pepperoni</p> <p><u>Frozen:</u> *strawberries *peaches *mixed berries *(2) bags of seasoning blend *(1) bag of peas</p>	<p><u>Produce:</u> *(2) 3 pk Romaine lettuce *(5) green bell peppers *(3) cucumbers *1 lb strawberries *celery *(2) apples *1/2 of a banana *(3) onions *garlic *(1) lime *small bag of spinach *(4) zucchini *(1) large carrot *(5) jalapenos *green onions *(2) heads of broccoli *(2) red bell peppers</p> <p><u>Canned/Jarred:</u> *mustard *mayo *dill pickles *(3) 8 oz tomato sauce *12 c. chicken broth *(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> *peanut butter *protein powder *on plan sweetener *vanilla extract *Ranch dressing, for salad *apple cider vinegar *sparkling water *lime juice *THM Cherry Burst *THM Pineapple Burst *old fashioned oats *cinnamon *tea, optional *collagen, optional *85% dark chocolate *Zevia, optional *coconut oil *soy sauce *salt & pepper *garlic powder *red pepper flakes *3 c. brown rice, not cooked *taco seasoning *1 lb lentils *oregano *cayenne pepper *onion powder *parsley *chili powder *almond flour *Tony Chachere's seasoning *ground sage *1 ½ c. quinoa, not cooked *Frank's Red Hot sauce</p>
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