

<p><u>Dairy:</u> *(1) dozen eggs *3 T. butter *unsweetened almond milk *8 oz 2% cottage cheese *Light Laughing Cow Cheese *sliced cheese, your choice *(2) sm.0% Plain Greek yogurt *heavy cream *2 ½ 8oz 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *1 ½ c. egg whites</p> <p><u>Meat:</u> *9 oz lean deli meat *large ham^^^ *3 ½ lbs boneless skinless chicken breasts *3 lbs diced beef stew meat *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *strawberries *peaches *mixed berries *(1) bag of seasoning blend *1 c. peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *(3) zucchini *celery *(2) apples *1/2 banana *(2) 3 pk Romaine lettuce *(1) cucumber *(5) green bell peppers *5 lbs potatoes^^^ *2 lbs green beans^^^ *garlic *(5) onions *(1) lime *8 oz mushrooms *16 oz spinach *1 lb carrots</p> <p><u>Canned/Jarred:</u> *dill pickles *mustard *mayo *(2) 15 oz corn^^^ *1 ½ c. chicken broth *salsa *(2) 10.5 oz Rotel *(2) 14.5 oz fire roasted tomatoes *4 oz sliced black olives *(1) 6 oz tomato paste *5 ½ c. beef broth *pizza sauce *4 oz diced green chilies *(1) 15 oz black beans</p>	<p><u>Dry Grocery:</u> *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *peanut butter *vanilla extract *protein powder *old fashioned oats *cinnamon *tea *collagen *coconut oil *3 2/3 c. brown rice, not cooked *soy sauce *red pepper flakes *2 c. dry black beans *chili powder *paprika *salt & pepper *onion powder *oregano *rosemary *cayenne pepper *Ranch dressing, for salad *taco seasoning *almond flour *cumin *sesame oil</p>
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^^^For my family's Easter meal. If you'd like to make something different please OMIT these items from your grocery list.