

<p><b><u>Dairy:</u></b>                  *(1) dozen eggs                  *2 T. butter                  *unsweetened almond milk                  *24 oz 2% cottage cheese                  *heavy cream                  *large 0% Plain Greek yogurt                  *sliced cheese, your choice                  *1 ½ 8 oz 1/3 less fat cream cheese                  *2 c. egg whites                  *2 c. mozzarella cheese                  *Parmesan cheese                  *2 c. cheddar cheese</p> <p><b><u>Meat:</u></b>                  *9 oz lean deli meat                  *7 lbs boneless skinless chicken breasts                  *(8) slices of bacon                  *1 lb ground beef                  *1 lb ground Italian sausage                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *mixed berries                  *strawberries                  *peaches                  *(1) bag of peas                  *(1) bag of cauliflower rice                  *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>                  *(3) zucchini                  *celery                  *(4) cucumbers                  *(4) green bell peppers                  *(2) apples                  *(3) 3pk Romaine lettuce                  *1/2 of a banana                  *(2) onions                  *garlic                  *1 lb carrots                  *(2) heads of broccoli                  *(2) red bell peppers</p> <p><b><u>Canned/Jarred:</u></b>                  *dill pickles                  *mustard                  *mayo                  *(1) 8 oz tomato sauce                  *(1) 15 oz black beans                  *(1) 15 oz kidney beans                  *(3) 14 oz diced tomatoes                  *(1) 15 oz corn                  *spaghetti sauce                  *2 c. vegetable broth                  *(2) 15 oz Great Northern beans                  *pizza sauce                  *1 c. chicken broth                  *Frank's Red Hot Sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *peanut butter                  *apple cider vinegar                  *sparkling water                  *on plan sweetener                  *THM Pineapple Burst                  *THM Cherry Burst                  *lime juice                  *protein powder                  *vanilla extract                  *old fashioned oats                  *cinnamon                  *tea                  *collagen                  *mint extract                  *85% dark chocolate                  *soy sauce                  *red pepper flakes                  *chili powder                  *cumin                  *salt &amp; pepper                  *garlic powder                  *onion powder                  *parsley                  *Ranch dressing, for salad                  *olive oil                  *Italian seasoning                  *bay leaves                  *oregano                  *creole seasoning                  *dried onion flakes                  *2 c. brown rice, not cooked</p>
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