

<p><b><u>Dairy:</u></b>          *unsweetened almond milk          *24 oz 2% cottage cheese          *1g. 0% Plain Greek yogurt          *sliced cheese          *(1) dozen eggs          *(1) wedge of Light Laughing Cow Cheese          *heavy cream *          5 c. mozzarella cheese          *(1) stick of butter          *sour cream          *8 oz cheddar cheese          *4 oz sharp cheddar cheese          *4 oz 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>          *3 oz deli ham          *4 ½ lbs boneless skinless chicken breasts          *3 lbs ground beef          *pepperoni          *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b>          *mixed berries          *strawberries          *peaches          *(1) bags of cauliflower rice          *(1) bag of seasoning blend          *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>          *1/2 of a banana          *(1) 3 pk Romaine lettuce          *(4) green bell peppers          *(2) cucumbers          *celery          *1 lb strawberries          *(1) apple          *1 lb carrots          *green onions          *garlic          *(6) onions          *small bag of spinach          *(1) zucchini          *(3) tomatoes          *(4) yellow squash          *1 lb mushrooms          *large green cabbage</p> <p><b><u>Canned/Jarred:</u></b>          *mayo          *mustard          *(1)8 oz tomato sauce          *3 ½ c. chicken stock          *(1) 4 oz diced green chilies          *3/4 c. salsa          *(1) 15 oz black beans          *(1) 14 oz diced tomatoes          *(2) 15 oz Great Northern beans          *dill pickles          *ketchup          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *peanut butter          *protein powder          *on plan sweetener          *vanilla extract          *apple cider vinegar          *sparkling water          *THM Cherry Burst          *THM Pineapple Burst          *lime juice          *old fashioned oats          *cinnamon          *collagen          *tea          *85% dark chocolate          *onion powder          *garlic powder          *cayenne pepper          *sesame oil          *soy sauce          *2/3 c. brown rice, not cooked          *red pepper flakes          *cumin          *salt &amp; pepper          *dried parsley          *oregano          *Italian seasoning          *bay leaf          *Worcestershire sauce          *paprika          *sesame seeds          *hot sauce          *almond flour          *ground sage, optional          *ground ginger</p>
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