

<p><u>Dairy:</u> *(1) large 0% Plain Greek yogurt *heavy cream *1/2 gal. Unsweetened almond milk *16 oz 2% cottage cheese *sliced cheese *(1) dozen eggs *(1) stick of butter *1 c. cheddar cheese *sour cream *4 oz sharp cheddar cheese *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *6 oz deli ham *2 lbs ground beef *2 1/2 lb boneless skinless chicken thighs *4 lbs boneless skinless chicken breasts *13 to 16 oz smoked sausage *pepperoni</p> <p><u>Frozen:</u> *strawberries *peaches *(1) bag of seasoning blend *(2) bags of broccoli *(1) bag of peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *(1) pint of blueberries *1 lb strawberries *(3) 3 pk Romaine lettuce *(2) cucumbers (for fresh veg) *(4) green bell peppers *(2) apples *1/2 banana *celery *(1) red bell peppers *(2) onions *garlic *(1) small bag of spinach</p> <p><u>Canned/Jarred:</u> *mayo *mustard *salsa *Frank's Red Hot sauce *1 c. chicken broth *pizza sauce *spaghetti sauce</p>	<p><u>Dry Grocery:</u> *on plan sweetener *almonds *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *peanut butter *protein powder *vanilla extract *cinnamon *Ranch dressing, for salad *5 c. brown rice, cooked *garlic powder *salt & pepper *cayenne pepper *parsley *oregano *onion powder *coconut oil *xanthan gum or gluccie, optional *soy sauce or Bragg's Liquid Aminos *red pepper flakes *extra virgin olive oil *balsamic vinegar *peanuts *almond flour</p>
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