

<p><u>Dairy:</u> *1/2 gal. Unsweetened almond milk *16 oz 2% cottage cheese *heavy cream *(1) dozen eggs *(2) cheese sticks *(3) sm 0% Plain Greek yogurt (or 1 large with leftovers) *sliced cheese (for deli rollups) *(1) stick of butter *8 oz 1/3 less fat cream cheese *5 c. mozzarella cheese</p> <p><u>Meat:</u> *4 oz deli ham *1 lb ground beef *(6) boneless skinless chicken thighs *1 1/2 lb smoked sausage *4 lbs ground turkey *pepperoni *1 1/2 lbs boneless skinless chicken breasts</p> <p><u>Frozen:</u> *strawberries *peaches *(1) bag of cauliflower rice *(1) bag of broccoli *(1) bag of seasoning blend *1 c. peas</p>	<p><u>Produce:</u> *(1) cucumber *(3) green bell peppers *1 lb strawberries *(2) apples *(3) 3 pk Romaine lettuce *1/2 banana *celery *(1) pint blueberries *(2) onions *garlic *(1) lime (can use bottled juice) *(1) large green cabbage *(1) pint of cherry tomatoes *1 lb carrots *(1) red onion *(1) lemon (can use bottled juice)</p> <p><u>Canned/Jarred:</u> *mayo *mustard *(2) 8 oz tomato sauce *(3) 14 oz corn *1 c. chicken stock *(4) 15 oz green beans *(3) 15 oz pinto beans *(1) 15 oz black beans *pizza sauce *Dijon mustard *(2) 14.5 oz diced tomatoes</p>	<p><u>Dry Grocery:</u> *Ranch dressing (for salad) *2 c. brown rice, not cooked *taco seasoning *avocado or olive oil *salt & pepper *paprika *red pepper flakes *onion powder *garlic powder *chili powder *cumin *dried parsley *almond flour *1 c. lentils *thyme *cayenne pepper *peanut butter *on plan sweetener *coconut oil *cocoa powder *almonds *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *cinnamon *protein powder *vanilla extract *85% dark chocolate</p>
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