

<p><b><u>Dairy:</u></b>          *1g. 0% Plain Greek yogurt          *heavy cream          *(1) dozen eggs          *unsweetened almond milk          *8 oz 2% cottage cheese          *(1) stick of butter          *sour cream          *4 T 1/3 less fat cream cheese          *4 c. mozzarella cheese          *sliced cheese</p> <p><b><u>Meat:</u></b>          *6 oz deli ham          *4 lb ground beef          *6 lbs boneless skinless chicken breasts          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(1) bag of strawberries          *(1) bag of peaches          *(1) bag of seasoning blend          *(1) bag of cauliflower rice          *(1) bag of broccoli          *2/3 c. okra</p>	<p><b><u>Produce:</u></b>          *1 lb strawberries          *celery          *(2) 3 pk Romaine lettuce          *(1) cucumber (for fresh veg)          *(3) green bell peppers          *(1) apple          *1/2 banana          *1 pint blueberries          *1/2 green cabbage          *(3) onions          *garlic          *(2) limes          *green onions          *(1) bunch of cilantro</p> <p><b><u>Canned/Jarred:</u></b>          *mayo          *mustard          *1/2 c. chicken broth          *(3) 8 oz tomato sauce          *spaghetti sauce          *(2) 15 oz black beans          *pizza sauce          *2/3 c. beef broth          *(2) 14.5 oz diced tomatoes          *(2) 15 oz green beans</p>	<p><b><u>Dry Grocery:</u></b>          *peanut butter          *vanilla extract          *85% dark chocolate          *on plan sweetener          *apple cider vinegar          *sparkling water          *THM Cherry Burst          *THM Pineapple Burst          *cinnamon          *protein powder          *almonds          *salt &amp; pepper          *onion powder          *garlic powder          *Ranch dressing, for salad          *2 c. brown rice, not cooked          *taco seasoning          *Frank's Red Hot sauce          *parsley          *olive oil          *red wine vinegar          *basil          *almond flour          *coconut oil          *Worcestershire sauce          *cayenne pepper          *Bragg's Aminos or soy sauce</p>
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