

<p><u>Dairy:</u> *unsweetened almond milk *24 oz 2% cottage cheese *heavy cream *(1) dozen eggs *large 0% Plain Greek yogurt *sliced cheese of your choice *(1) stick of butter *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *3 oz deli ham *3 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *2 lbs ground turkey *pepperoni *1 ½ lbs smoked sausage</p> <p><u>Frozen:</u> *strawberries *peaches *(1) bag of cauliflower rice *(1) bag of broccoli</p>	<p><u>Produce:</u> *celery *1 lb strawberries *(3) 3 pk Romaine lettuce *(4) cucumbers (for fresh veg) *(5) green bell peppers *1/2 of a banana *(1) pint of blueberries *(1) apple *(3) colored peppers of your choice *(1) red onion *(1) pint cherry tomatoes *(1) onion *(1) large green cabbage *1 lb green beans</p> <p><u>Canned/Jarred:</u> *5 c. chicken broth *(3) 15 oz black beans *(1) 14 oz diced tomatoes *spaghetti sauce *(2) 15 oz pinto beans *(1) 15 oz corn *pizza sauce *mayo *mustard</p>	<p><u>Dry Grocery:</u> *mint extract *85% dark chocolate *protein powder *vanilla extract *on plan sweetener *peanut butter *apple cider vinegar *sparkling water *THM Pineapple Burst *THM Cherry Burst *cinnamon *almonds *salt & pepper *onion powder *garlic powder *red pepper flakes *chili powder *paprika *cayenne pepper *olive oil *1 c. brown rice, not cooked *1 c. quinoa, not cooked *chili seasoning *Ranch dressing, for salad *dried parsley *almond flour</p>
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