

<p><b><u>Dairy:</u></b>                  *unsweetened almond milk                  *16 oz 2% cottage cheese                  *heavy cream                  *(1) dozen eggs                  *large 0% Plain Greek yogurt                  *(1) stick of butter                  *3 c. cheddar cheese                  *Ricotta cheese                  *4 c. mozzarella cheese                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *6 oz deli ham                  *5 lbs ground beef                  *2 lbs boneless skinless chicken breasts                  *pepperoni                  *1/2 lb bacon</p> <p><b><u>Frozen:</u></b>                  *peaches                  *strawberries                  *(1) bag of broccoli                  *(1) bag of cauliflower rice</p>	<p><b><u>Produce:</u></b>                  *(2) cucumbers                  *(3) green bell peppers                  *1 lb strawberries                  *(1) pint of blueberries                  *(3) 3pk Romaine lettuce                  *celery                  *1/2 of a banana                  *(3) onions                  *cilantro                  *2-3 lb spaghetti squash                  *garlic                  *(2) heads of broccoli                  *(1) zucchini                  *(1) small bag of spinach                  *(3) tomatoes</p> <p><b><u>Canned/Jarred:</u></b>                  *mayo                  *mustard                  *(2) 15 oz mild chili beans                  *spaghetti sauce                  *pizza sauce                  *2 c. vegetable broth                  *(1) 14 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *dill pickles or relish                  *ketchup</p>	<p><b><u>Dry Grocery:</u></b>                  *peanut butter                  *cocoa powder                  *protein powder                  *vanilla extract                  *on plan sweetener                  *apple cider vinegar                  *sparkling water                  *THM Cherry Burst                  *THM Pineapple Burst                  *lime juice                  *salt &amp; pepper                  *unsweetened apple sauce                  *caramel extract                  *glucic, optional                  *almonds                  *paprika                  *garlic powder                  *red pepper flakes                  *6 c. brown rice, cooked                  *chili powder                  *liquid smoke                  *dried parsley                  *olive oil                  *almond flour                  *sunflower seeds, optional                  *Italian seasoning                  *bay leaf                  *Worcestershire sauce                  *sesame seeds                  *hot sauce</p>
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