

<p><u>Dairy:</u> *1g. 0% Plain Greek yogurt *(1) dozen eggs *(1) stick of butter *sliced cheese of your liking *16 oz 2% cottage cheese *unsweetened almond milk *heavy cream *2 c. cheddar cheese *sour cream *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *6 oz deli ham *4 lbs ground beef *2.5 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *strawberries *peaches *(1) bag of cauliflower rice *(1) bag of peas</p>	<p><u>Produce:</u> *(2) apples *1 lb strawberries *(2) cucumbers *(5) green bell peppers *(3) 3pk Romaine lettuce *celery *1/2 of a banana *(3) onions *(2) red bell peppers *(2) heads of broccoli *(1) pint of cherry tomatoes</p> <p><u>Canned/Jarred:</u> *mayo *mustard *dill pickles *1/2 c. beef broth *(1) 4 oz diced green chilies *(1) 15 oz tomato sauce *(3) 15 oz black beans *(3) 14 oz diced tomatoes *10 c. chicken stock *spaghetti sauce *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *pizza sauce *(2) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *on plan sweetener *cinnamon *almonds *sparkling water *apple cider vinegar *lime juice *THM Cherry Burst *THM Pineapple Burst *peanut butter *vanilla extract *peppermint extract *85% dark chocolate *Ranch dressing, for salad *paprika *salt & pepper *taco seasoning *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *oregano *red pepper flakes *cumin *1 c. quinoa *chili seasoning *1/2 lb lentils *almond flour *2 c. brown rice, not cooked *soy sauce *Frank's Red Hot sauce</p>
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