

<p><u>Dairy:</u> *unsweetened almond milk *heavy cream *(2) cheese sticks *1g. 0% Plain Greek yogurt *(1) dozen eggs *8 oz + 4 T. 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *2 T. butter *1 1/2 c. egg whites *16 oz 2% cottage cheese</p> <p><u>Meat:</u> *2 lbs ground beef *3.5 lbs boneless skinless chicken breasts *3 lbs ground Italian sausage *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *strawberries *peaches *(3) 16 oz cauliflower florets *2 c. okra *1 c. peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *1 lb strawberries *(3) apples *1/2 of a banana *(1) 3 pk Romaine lettuce *(4) colored peppers *(2) red onions *(1) lime *(3) onions *garlic *2 c. butternut squash *large bag of spinach *small bunch of kale *(1) green bell pepper *1 lb carrots *green onions *(3) tomatoes *1/2 head of iceberg lettuce</p> <p><u>Canned/Jarred:</u> *(1) 15 oz pinto beans *(2) 15 oz black beans *(1) 15 oz corn *10 c. chicken broth *20 oz spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder *vanilla extract *on plan sweetener *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *cinnamon *peanuts *mint extract *85% dark chocolate *chili powder *cumin *paprika *garlic powder *onion powder *salt & pepper *dried parsley *cayenne pepper *3 c. brown rice, not cooked *olive oil *red pepper flakes *dried sage *oregano *lemon pepper *Ranch dressing, for salad *almond flour *sesame oil *soy sauce *taco seasoning *baked blue corn chips *white vinegar</p>
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