

<p><u>Dairy:</u> *unsweetened almond milk *16 oz 2% cottage cheese *heavy cream *(5) cheese sticks *large 0% Plain Greek yogurt *sliced cheese of your choice *(1) dozen eggs *(1) stick of butter *(2) 8 oz + 4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese</p> <p><u>Meat:</u> *8 oz deli ham *4 lb ground beef *16 oz bacon *2 ½ lbs chicken tenders *2 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *strawberries *(1) bag of cauliflower rice *(1) bag of broccoli *1 c. peas</p>	<p><u>Produce:</u> *1 lb strawberries *(4) apples *(2) 3 pk Romaine lettuce *(3) cucumbers *(5) green bell peppers *(4) onions *garlic *(1) lime *1 lb carrots *celery *(5) jalapenos *green onions *1/2 head of green cabbage *(1) red onion</p> <p><u>Canned/Jarred:</u> *mayo *mustard *(4) 8 oz tomato sauce *3 2/3 c. chicken stock *dill pickles *spaghetti sauce *(1) 10.5 oz Rotel *pizza sauce *(2) 14 oz diced tomatoes *Dijon mustard</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder *on plan sweetener *vanilla extract *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *lime juice *cinnamon *cocoa powder *garlic powder *onion powder *cayenne pepper *salt & pepper *oregano *1 c. brown rice, not cooked *parsley *red pepper flakes *Ranch dressing, for salad *olive oil *chili powder *cumin *almond flour *coconut oil *paprika *Worcestershire sauce *liquid aminos or soy sauce *1 c. brown or green lentils *lemon juice *thyme</p>
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