

<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *sliced cheese (your choice) *heavy cream *large 0% Plain Greek yogurt *unsweetened almond milk *sour cream *1 c. cheddar cheese *1 c. Parmesan (green can ok) *4 T 1/3 less fat cream cheese *4 c. mozzarella cheese</p> <p><u>Meat:</u> *3 oz deli ham *3 ½ lbs boneless skinless chicken breasts *1 lb ground beef *1 lb kielbasa *pepperoni *3 lb chuck roast</p> <p><u>Frozen:</u> *(2) bags of cauliflower rice *(2) 10 oz spinach *(3) bag of broccoli</p>	<p><u>Produce:</u> *2 lbs strawberries *(1) bunch of celery *(2) apples *(1) 3 pk Romaine lettuce *(3) cucumbers *(5) green bell peppers *(2) heads of green cabbage *(6) onions *garlic *(1) large zucchini *1” piece of ginger</p> <p><u>Canned/Jarred:</u> *mayo *mustard *(1) 8 oz tomato sauce *(2) quarts chicken broth *salsa *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *pizza sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *apple cider vinegar *sparkling water *on plan sweetener *THM Pineapple burst *THM Cherry Burst *lime juice *old fashioned oats *cinnamon *collagen *salt & pepper *85% dark chocolate *onion powder *garlic powder *cayenne pepper *pistachios *cocoa powder *vanilla extract *protein powder *Sweet & Spicy tea, optional *taco seasoning *ranch dressing, for salad *olive oil *chili seasoning *1/2 lb lentils *almond flour *rice vinegar *sesame seeds *soy sauce *ground ginger *coconut oil</p>
--	---	---