

<p><b><u>Dairy:</u></b>                  *unsweetened almond milk                  *heavy cream                  *Light Laughing Cow cheese                  *(1) dozen eggs                  *(2) sticks of butter                  *sliced cheese of your choice                  *16 oz 2% cottage cheese                  *1 c. egg whites                  *sour cream                  *1 c. cheddar cheese                  *Parmesan cheese                  *2 ½ c. mozzarella cheese                  *8 oz 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *sausage links                  *(6) oz deli ham                  *1 lb boneless skinless chicken breasts                  *2 lbs ground beef                  *2 ½ lb chicken tenderloins                  *1 lb ground sausage                  *pepperoni                  *2 lbs ground turkey                  *3 lb boneless beef chuck roast</p> <p><b><u>Frozen:</u></b>                  *strawberries                  *(3) bags of cauliflower rice                  *(3) bags of broccoli                  *(2) bags of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *celery                  *(2) 3 pk Romaine lettuce                  *(2) cucumbers                  *(3) green bell peppers                  *(2) apples                  *1/2 of a banana                  *green onions                  *garlic                  *(1) large zucchini                  *(2) onions                  *1” cube of ginger</p> <p><b><u>Canned/Jarred:</u></b>                  *mayo                  *mustard                  *dill pickles                  *(1) 8 oz tomato sauce                  *2 quarts + 1 c. chicken broth                  *(2) 15 oz black beans                  *(3) 14 oz diced tomatoes                  *(1) 10.5 oz Rotel                  *4 c. vegetable broth                  *pizza sauce                  *(1) 15 oz pinto beans                  *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b>                  *peanut butter                  *protein powder                  *on plan sweetener                  *vanilla extract                  *apple cider vinegar                  *sparkling water                  *THM Cherry Burst                  *THM Pineapple Burst                  *lime juice                  *old fashioned oats                  *cinnamon                  *tea                  *collagen                  *onion powder                  *garlic powder                  *cayenne pepper                  *salt &amp; pepper                  *2 c. brown rice, cooked                  *red pepper flakes                  *(2) taco seasoning                  *1 c. quinoa, not cooked                  *chili seasoning                  *gluccie or xanthan gum                  *chili powder                  *oregano                  *cumin                  *soy sauce                  *rice vinegar                  *sesame oil                  *sesame seeds</p>
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