

<p><u>Dairy:</u> *unsweetened almond milk *(2) string cheese *(1) dozen eggs *(1) stick of butter *(2) sm. 0% Plain Greek yogurt *heavy cream *4 c. mozzarella *4 T. 1/3 less fat cream cheese *1 ½ c. egg whites</p> <p><u>Meat:</u> *sausage links *6 lbs boneless skinless chicken breasts *1 lb ground beef *pepperoni *(4) cooked chicken sausages</p> <p><u>Frozen:</u> *(2) bags of cauliflower rice *(1) bag of seasoning blend *2 c. okra *1 c. peas</p>	<p><u>Produce:</u> *(4) green bell peppers *(2) cucumbers *(2) apples *(3) 3 pk Romaine lettuce *celery *1 lb strawberries *(2) onions *garlic *green onions *1 lb carrots</p> <p><u>Canned/Jarred:</u> *(2) 15 oz black beans *(1) 10.5 oz Rotel *salsa *spaghetti sauce *pizza sauce *1 quart chicken broth *(1) 6 oz tomato paste *(2) 14.5 oz stewed tomatoes</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder *vanilla extract *on plan sweetener *old fashioned oats *cinnamon *apple cider vinegar *sparkling water *lime juice *THM Pineapple Burst *THM Cherry Burst *Ranch dressing, for salad *85% dark chocolate *4 c. brown rice, not cooked *chili powder *salt & pepper *Frank's Red Hot Sauce *dried parsley *garlic powder *onion powder *almond flour *Creole seasoning *mesquite liquid smoke *cayenne pepper *bay leaves *sesame oil *coconut oil (spray) *red pepper flakes *soy sauce *Sweet & Spicy tea, optional *collagen, optional *peppermint tea *peppermint extract *gluccie or xanthan gum</p>
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