

<p><u>Dairy:</u> *(1) lg. 0% Plain Greek yogurt *(1) wedge Light Laughing Cow Cheese *(13) eggs *(2) sticks of butter *heavy cream *1 c. egg whites *3 c. cheddar cheese *2 c. mozzarella cheese</p> <p><u>Meat:</u> *3 oz deli ham *4 lbs boneless skinless chicken breasts *3 lb Italian sausage *pepperoni</p> <p><u>Frozen:</u> *(4) bags of cauliflower rice *(2) bags of seasoning blend *(2) 16 oz cauliflower florets *2 c. okra *(1) bag of peas</p>	<p><u>Produce:</u> *celery *(3) apples *3 pk Romaine lettuce *(5) green bell peppers *(4) onions *1 lb strawberries *(2) cucumbers *1 lb carrots *garlic *(1) large green cabbage *6 c. kale *(2) heads of broccoli *(2) red bell peppers</p> <p><u>Canned/Jarred:</u> *dill pickles *(3) 8 oz tomato sauce *(4) 15 oz Great Northern beans *2 quarts + 3 c. chicken broth *(2) 10.5 oz Rotel *(1) 14 oz diced tomatoes *(1) 15 oz corn *pizza sauce *Frank's Red Hot sauce</p>	<p><u>Grocery:</u> *peanut butter *on plan sweetener *apple cider vinegar *sparkling water *THM Cherry burst *THM Pineapple burst *lime juice *old fashioned oats *cinnamon *collagen *Ranch dressing, for salad *almonds *85% dark chocolate *salt & pepper *red pepper flakes *taco seasoning *(1) 10 pack low carb tortillas *chili powder *garlic powder *cumin *oregano *Italian seasoning *ground ginger *coconut oil *2 c. brown rice, not cooked *soy sauce</p>
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