

<p><u>Dairy:</u> *(1) stick of butter *(1) dozen eggs *16 oz 2% cottage cheese *unsweetened almond milk *heavy cream *(2) cheese sticks *8 oz 1/3 less fat cream cheese *5 c. mozzarella cheese</p> <p><u>Meat:</u> *4 oz deli ham *6 lbs boneless skinless chicken breasts *(6) boneless skinless chicken thighs *1 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of strawberries *(1) bag of broccoli *(4) bags of cauliflower rice</p>	<p><u>Produce:</u> *(6) onions *(5) green bell peppers *(1) cucumber *(2) apples *(2) 3pk Romaine lettuce *celery *garlic *(1) cubanelle pepper *(2) green cabbages *small bag of spinach</p> <p><u>Canned/Jarred:</u> *(2) 8oz tomato sauce *5 ½ c. chicken broth *dill pickles *(1) 10.5 oz Rotel *(2) 15 oz green beans *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *pizza sauce</p>	<p><u>Dry Grocery:</u> *cocoa powder *vanilla extract *on plan sweetener *protein powder *peanut butter *old fashioned oats *cinnamon *cayenne pepper *onion powder *garlic powder *85% dark chocolate *mint extract *Ranch dressing, for salad *red pepper flakes *soy sauce *rice vinegar *coconut oil *taco seasoning *1 c. quinoa, not cooked *salt & pepper *olive or avocado oil *paprika *Italian seasoning *chili seasoning *1/2 lb green or brown lentils *almond flour *cumin *chili powder *liquid smoke *ground ginger</p>
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