

<p><u>Dairy:</u> *(1) dozen eggs *(2) sm 0% Plain Greek yogurt *unsweetened almond milk *heavy cream *(2) cheese sticks *sliced cheese, of your choice *8 oz 2% cottage cheese *sour cream, optional for topping *3 c. cheddar cheese *1 ½ 8oz 1/3 less fat cream cheese *4 c. mozzarella cheese</p> <p><u>Meat:</u> *sausage links *6 oz deli ham *4 ½ lbs boneless skinless chicken breasts *5 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *mixed berries *(2) bags of cauliflower rice *(1) bag of broccoli *2/3 c. okra</p>	<p><u>Produce:</u> *(2) 3 pk Romaine lettuce *(6) green bell peppers *(3) cucumbers *celery *(2) apples *green onions *garlic *(4) onions *1/2 head of green cabbage</p> <p><u>Canned/Jarred:</u> *dill pickles *mustard *mayo *(4) 8 oz tomato sauce *5 2/3 c. chicken broth *(1) 4 oz diced green chilies *16 oz salsa verde *(3) 10.5 oz Rotel *(2) 15 oz cannelloni beans *spaghetti sauce *1 quart vegetable broth *pizza sauce *(2) 14 oz diced tomatoes</p>	<p><u>Dry Grocery:</u> *on plan sweetener *apple cider vinegar *sparkling water *THM Cherry burst *THM Pineapple Burst *lime juice *peanut butter *protein powder *vanilla extract *cocoa powder *mint extract *85% dark chocolate *old fashioned oats *cinnamon *garlic powder *onion powder *salt & pepper *cayenne pepper *sesame oil *1 ½ c. brown rice, not cooked *red pepper flakes *(2) taco seasoning *(1) 10 pack low carb tortilla shells *chili powder *cumin *oregano *Ranch dressing, for salad *almond flour *coconut oil *paprika *Worcestershire sauce *liquid aminos or soy sauce *blackstrap molasses *ground ginger *gluccie or xanthan gum *sesame seeds</p>
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