

<p><b><u>Dairy:</u></b>          *unsweetened almond milk          *heavy cream          *(2) sm. 0% Plain Greek yogurt          *(1) dozen eggs          *(1) stick of butter          *sliced cheese          *(2) wedges of Light Laughing Cow Cheese          *16 oz 2% cottage cheese          *5 c. mozzarella cheese          *1 ½ c. cheddar cheese</p> <p><b><u>Meat:</u></b>          *3 oz deli ham          *5 lbs ground beef          *pepperoni</p> <p><b><u>Frozen:</u></b>          *mixed berries          *(5) bags of cauliflower rice</p>	<p><b><u>Produce:</u></b>          *(5) green bell peppers          *(6) onions          *(2) 3 pk Romaine lettuce          *(2) cucumbers          *celery          *(2) apples          *garlic          *3 c. mushrooms          *(1) lime (or can use bottled)          *8 c. Napa (Chinese) cabbage          *1 lb carrots          *(1) medium zucchini          *small bag of spinach          *green onions</p> <p><b><u>Canned/Jarred:</u></b>          *mayo          *mustard          *dill pickles          *(2) 8 oz tomato sauce          *(3) 14 oz diced tomatoes          *(1) 14 oz crushed tomatoes          *2 c. vegetable broth          *(2) 15 oz Great Northern beans          *(2) 15 oz green beans</p>	<p><b><u>Dry Grocery:</u></b>          *cocoa powder          *protein powder          *peanut butter          *vanilla extract          *on plan sweetener          *apple cider vinegar          *sparkling water          *lime juice          *THM Cherry Burst          *THM Pineapple Burst          *old fashioned oats          *cinnamon          *tea          *collagen          *Ranch dressing, for salad          *85% dark chocolate          *mint extract          *almonds          *salt &amp; pepper *coconut oil          *1 c. brown rice, not cooked          *taco seasoning          *rosemary          *Italian seasoning          *bay leaf          *red pepper flakes          *almond flour          *chili powder          *paprika          *cumin          *garlic powder          *sesame oil          *ground ginger</p>
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