

<p><u>Dairy:</u> *(1) stick of butter *(1) dozen eggs *16 oz 2% cottage cheese *unsweetened almond milk *heavy cream *(2) sm. 0% Plain Greek yogurt *sliced cheese, your choice *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese *(1) wedge of Light Laughing Cow Cheese</p> <p><u>Meat:</u> *3 oz deli ham *1 lb ground beef *2 lb Italian sausage *pepperoni *4 lbs chicken drumsticks *(6) slices of bacon *2 lb boneless skinless chicken breasts</p> <p><u>Frozen:</u> *mixed berries *1 c. cauliflower florets *(2) bags of broccoli *1 ½ c. okra *(1) bag of peas</p>	<p><u>Produce:</u> *1 lb strawberries *(6) green bell peppers *(4) cucumbers *(2) apples *celery *(1) 3 pk Romaine lettuce *(4) onions *garlic *green onions *cilantro *2 c. butternut squash *(3) red bell peppers *small bag of spinach *large head of green cabbage *(1) lemon *small head of purple cabbage *(2) heads of broccoli</p> <p><u>Canned/Jarred:</u> *dill pickles *mustard *mayo *(2) 15.5 oz mild chili beans *(1) 15 oz black beans *7 c. chicken broth *(3) 8 oz tomato sauce *(2) pizza sauce</p>	<p><u>Dry Grocery:</u> *unsweetened applesauce *cinnamon *on plan sweetener *Apple Cider vinegar *sparkling water *THM Pineapple burst *THM Cherry Burst *lime juice *old fashioned oats *tea *collagen *peanut butter *protein powder *cocoa powder *vanilla extract *soy sauce *salt & pepper *10 c. brown rice, cooked *dry minced onion *chili powder *garlic powder *paprika *liquid smoke *olive oil *red pepper flakes *sage *Italian seasoning *basil *oregano *cayenne pepper *almond flour *coconut oil *baking powder *ground coriander *citric acid *marjoram *peanuts *Frank's Red Hot sauce</p>
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