

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> *unsweetened almond milk *(1) dozen eggs *large 0% plain Greek yogurt *heavy cream *(1) stick of butter *sliced cheese, your choice *6 c. mozzarella cheese *4 oz 1/3 less fat cream cheese *Parmesan cheese *1 ½ c. egg whites <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *sausage links *6 oz deli ham *6 lbs boneless skinless chicken breasts *6 lbs ground beef *pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> *mixed berries *2 c. cauliflower florets *(3) bags of cauliflower rice *12 oz green beans 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> *(6) green bell peppers *(2) cucumbers *(2) apples *celery *(2) 3 pk Romaine lettuce *garlic *(2) onions *cilantro *(3) large bags of spinach *(2) limes *8 oz mushrooms *(3) medium zucchini *1 lb carrots *green onions <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *(2) 8 oz tomato sauce *1 c. chicken broth *mayo *mustard *dill pickles *15 oz refried beans *(1) 10.5 oz Rotel *(1) 15 oz corn *(2) 14 oz diced tomatoes *2 T. tomato paste *spaghetti sauce *(1) 14.5 oz petite diced tomatoes *pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *peanut butter *protein powder *cocoa powder *on plan sweetener *vanilla extract *apple cider vinegar *sparkling water *lime juice *Thm Cherry Burst *THM Pineapple Burst *old fashioned oats *cinnamon *tea *collagen *onion powder *garlic powder *cayenne pepper *coconut oil *soy sauce *red pepper flakes *chicken bouillon *chili powder *curry powder *cumin *paprika *lemon pepper *salt & pepper *Ranch dressing, for salad *nutritional yeast, optional *bay leaf *almond flour *4 c. brown rice, cooked *sesame oil
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