

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> *unsweetened almond milk *2% cottage cheese *heavy cream *large 0% Plain Greek yogurt *(2) dozen eggs *(1) stick of butter *16 oz 1% cottage cheese *2 ½ 8 oz 1/3 less fat cream cheese *6 c. mozzarella cheese *Parmesan cheese *1 ½ c. egg whites <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *3 lb ham *2 lbs ground turkey *(4) chicken sausage links *2 lbs ground beef *3 lbs boneless skinless chicken breasts *8 oz bacon *pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> *mixed berries *(2) bags of seasoning blend *1 c. peas *(1) bag of cauliflower rice 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> *(2) 3 pk Romaine lettuce *1 lb strawberries *(5) green bell peppers *(6) onions *(2) cucumbers *(2) apples 1 lb Brussel sprouts *(1) head of cauliflower *(1) head of broccoli *1 lb green beans *garlic *(1) lime *small bag of spinach *(4) medium zucchini *celery *(5) jalapenos *green onions *1 lb carrots <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *10 c. chicken broth *(2) 8 oz tomato sauce *(2) 14.5 oz fire roasted tomatoes *6 oz tomato paste *(3) 14 oz pizza sauce *(1) 10.5 oz Rotel *(1) 15 oz red beans 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *on plan sweetener *mint extract *85% dark chocolate *protein powder *peanut butter *apple cider vinegar *THM Pineapple Burst *THM Cherry Burst *sparkling water *lime juice *Ranch dressing, for salad *almonds *old fashioned oats *cinnamon *tea *collagen *coconut or avocado oil *soy sauce *salt & pepper *garlic powder *red pepper flakes *sesame oil *3 c. brown rice, not cooked *taco seasoning *1 lb lentils *oregano *cayenne pepper *parsley *chili powder *cumin *almond flour *Tony Chachere's seasoning *ground sage *1 ½ c. quinoa, not cooked
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