

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> * (2) dozen eggs * (1) stick of butter * large 0% Plain Greek yogurt * unsweetened almond milk * 24 oz 2% cottage cheese * (1) wedge of Light Laughing Cow Cheese * 1 ½ 8 oz 1/3 less fat cream cheese * 2 c. mozzarella cheese * Parmesan cheese * 2 c. cheddar cheese * 3 ½ c. egg whites <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> * 6 oz lean deli ham * 6 ½ lbs boneless skinless chicken breasts * 8 slices of bacon * 1 lb ground beef * 1 lb Italian sausage * pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> * mixed berries * strawberries * peaches * (4) bags of cauliflower rice * (1) bag of seasoning blend * 1 c. peas 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> * 1 lb strawberries * (3) 3 pk Romaine lettuce * celery * (3) green bell peppers * (3) cucumbers * 1/2 banana * (1) apple * (2) onions * garlic * 1 lb carrots * (2) medium zucchini * green onions <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * dill pickles * 15 oz black beans * 15 oz kidney beans * (3) 14 oz diced tomatoes * 15 oz corn * spaghetti sauce * 2 c. vegetable broth * (2) 15 oz Great Northern beans * pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> * Ranch dressing * on plan sweetener * Apple Cider Vinegar * sparkling water * lime juice * THM Cherry Burst * THM Pineapple Burst * protein powder * peanut butter * cocoa powder * coconut oil * vanilla extract * old fashioned oats * cinnamon * tea * collagen * sesame oil * soy sauce * red pepper flakes * chili powder * cumin * salt & pepper * garlic powder * dried parsley * onion powder * olive oil * Italian seasoning * bay leaf * oregano * creole seasoning * dried onion flakes * 4 c. cooked brown rice
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