

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> * (1) dozen eggs * (1) stick of butter * 24 oz 2% cottage cheese * unsweetened almond milk * heavy cream * (1) cheese stick or 1 oz cheese * 16 oz sour cream * 2 c. cheddar cheese * 4 1/3 c. mozzarella cheese * 4 T. 1/3 less fat cream cheese <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> * sausage links * 6 oz deli ham * 2 lbs ground beef * 1 lb boneless skinless chicken breasts * (6) boneless skinless chicken thighs * pepperoni * 2 lbs steak (or whatever will feed your family size) <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> * (1) bag of strawberries * (1) bag of peaches * (1) bag of broccoli * (1) bag of 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 * (2) apples * (2) cucumbers * (5) green bell peppers * (1) banana * garlic * (3) onions * (1) green cabbage * (1) red bell pepper * small bag of spinach * (1) head of broccoli * (1) head of cauliflower * 1 lb Brussel sprouts <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * (2) 8 oz tomato sauce * (2) quarts chicken broth * (2) 15 oz green beans * (1) 15 oz kidney beans * (1) 15 oz Great Northern beans * (4) 14.5 oz diced tomatoes * salsa * (1) quart beef broth * 32 oz tomato juice * Frank's Red Hot sauce * pizza sauce * (2) 15 oz black beans * (1) 10.5 oz Rotel 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> * on plan sweetener * apple cider vinegar * sparkling water * THM Cherry Burst * THM Pineapple Burst * lime juice * peanut butter * cocoa powder * protein powder * coconut oil * Ranch dressing * 85% dark chocolate * chili powder * almond flour * old fashioned oats * almonds * cinnamon * Swerve Brown sweetener, opt * peppermint tea, optional * collagen, optional * vanilla extract * salt & pepper * onion powder * garlic powder * cayenne pepper, opt * olive or avocado oil * chili seasoning * 1/2 lb green or brown lentils * taco seasoning * Worcestershire sauce * paprika * oregano * basil * 2 1/2 c. brown rice, not cooked * soy sauce * red pepper flakes
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