

<p><b><u>Dairy:</u></b>                  *(2) sm. 0% Plain Greek yogurt                  *heavy cream                  *(2) sticks of butter                  *unsweetened almond milk                  *24 oz 2% cottage cheese                  *(1) dozen eggs                  *4 oz sharp cheddar                  *4 c. mozzarella cheese                  *4 T. 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *sausage links                  *13-16 oz smoked sausage                  *5 lbs chicken drumsticks                  *5 lbs ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of strawberries                  *peaches                  *(2) bags of broccoli                  *(1) bag of cauliflower rice                  *2/3 c. okra</p>	<p><b><u>Produce:</u></b>                  *(2) apples                  *(2) cucumbers (for fresh veg)                  *(4) green bell peppers                  *(1) banana                  *(3) 3 pk Romaine lettuce                  *(4) onions                  *small bag of spinach                  *garlic                  *(1) lime (can be bottled)                  *(2) green cabbage heads</p> <p><b><u>Canned/Jarred:</u></b>                  *(5) 8 oz tomato sauce                  *spaghetti sauce                  *1 c. chicken broth                  *(4) 14.5 oz diced tomatoes                  *pizza sauce                  *1 qt. Beef broth                  *32 oz tomato juice</p>	<p><b><u>Dry Grocery:</u></b>                  *on plan sweetener                  *cinnamon                  *onion powder                  *garlic powder                  *cayenne pepper, optional                  *peanuts                  *caramel extract                  *vanilla extract                  *peanut butter                  *lime juice                  *sparkling water                  *apple cider vinegar                  *THM Cherry Burst                  *THM Pineapple Burst                  *Ranch dressing, for salad                  *85% dark chocolate                  *2 c. brown rice, not cooked                  *chili powder                  *salt &amp; pepper                  *avocado or olive oil                  *balsamic vinegar                  *soy sauce                  *paprika                  *cumin                  *taco seasoning                  *Worcestershire sauce                  *almond flour                  *oregano                  *basil</p>
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