

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> * (1) dozen eggs * (1) stick of butter * heavy cream * (2) cheese sticks * 16 oz 2% cottage cheese * unsweetened almond milk * large 0% plain Greek yogurt * 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 * 2 lbs ground turkey * 1 1/2 lbs smoked sausage * (6) boneless skinless chicken thighs * 1 lb boneless skinless chicken breasts * pepperoni * 1 lb ground beef <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 seasoning blend * (2) bags of broccoli * (2) bags of cauliflower rice * 1/2 bag of peas 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> * celery * (3) apples * (1) 3 pk Romaine lettuce * (1) banana * 1 lb strawberries * (1) head of green cabbage * garlic * (1) onion * (4) green bell peppers * (2) cucumbers * small bag of spinach * (1) red bell pepper <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * (2) 8 oz tomato sauce * 6 c. chicken broth * (3) 14.5 oz diced tomatoes * (1) 15 oz pinto beans * (1) 15 oz corn * (1) 15 oz kidney beans * (1) 15 oz Great Northern beans * (2) 15 oz green beans * pizza sauce * spaghetti sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> * garlic powder * onion powder * cayenne pepper, optional * salt & pepper * almonds * sparkling water * apple cider vinegar * lime juice * THM Cherry Burst * THM Pineapple Burst * 85% dark chocolate * mint extract * vanilla extract * protein powder * peanut butter * cinnamon * on plan sweetener * Ranch dressing, for salad * paprika * oregano * basil * 3 c. brown rice, cooked * chili powder * cumin * olive or avocado oil * chili seasoning * 1/2 lb green or brown lentils * soy sauce * Frank's Red Hot sauce * red pepper flakes * almond flour * Peppermint tea, optional * Zevia Ginger Root Beer, opt
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