

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> *unsweetened almond milk *24 oz 2% cottage cheese *heavy cream *(1) dozen eggs *large 0% Plain Greek yogurt *sliced cheese of your choice *(1) stick of butter *4 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"> *3 oz deli ham *3 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *2 lbs ground turkey *pepperoni *1 ½ lbs smoked sausage <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> *strawberries *peaches *(1) bag of cauliflower rice *(1) bag of broccoli 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> *celery *1 lb strawberries *(3) 3 pk Romaine lettuce *(4) cucumbers (for fresh veg) *(5) green bell peppers *1/2 of a banana *(1) pint of blueberries *(1) apple *(3) colored peppers of your choice *(1) red onion *(1) pint cherry tomatoes *(1) onion *(1) large green cabbage *1 lb green beans <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *5 c. chicken broth *(3) 15 oz black beans *(1) 14 oz diced tomatoes *spaghetti sauce *(2) 15 oz pinto beans *(1) 15 oz corn *pizza sauce *mayo *mustard 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *mint extract *85% dark chocolate *protein powder *vanilla extract *on plan sweetener *peanut butter *apple cider vinegar *sparkling water *THM Pineapple Burst *THM Cherry Burst *cinnamon *almonds *salt & pepper *onion powder *garlic powder *red pepper flakes *chili powder *paprika *cayenne pepper *olive oil *1 c. brown rice, not cooked *1 c. quinoa, not cooked *chili seasoning *Ranch dressing, for salad *dried parsley *almond flour
--	---	---