

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> * (1) dozen eggs * 24 oz 2% cottage cheese * heavy cream * unsweetened almond milk * 1g container 0% Plain Greek yogurt * (3) sticks of butter * 4 c. Mozzarella * 4 T. 1/3 less fat cream cheese * 1 c. Parmesan <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> * sausage links * pepperoni * 2 lbs ground beef * 3 lbs boneless skinless chicken breasts * 1 1/2 lbs smoked sausage * 4 lbs chicken wings <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> * (1) bag of strawberries * (1) bag of broccoli * (1) bag of peas 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> * (2) 3 pk Romaine lettuce * celery * (2) apples * 1 lb strawberries * (3) green bell peppers * (1) peach * (1) banana * (1) large green cabbage * (3) onions * (3) tomatoes * 1 lb carrots * (1) red onion * 1 lb green beans * garlic * green onions <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * 1/2 c. chicken broth * (1) 10.5 oz Rotel * salsa * dill pickles or relish * mayo * no sugar added ketchup * hot sauce * Dijon mustard * pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> * Ranch dressing, for salads * apple cider vinegar * on plan sweetener * sparkling water * lime juice * THM Natural Cherry Burst * THM Natural Pineapple Burst * peanut butter * protein powder, optional * cinnamon * 85% dark chocolate * chili powder * cumin * paprika * garlic powder * onion powder * dried parsley * 2 c. brown rice, not cooked * Worcestershire sauce * sesame seeds * 1 c. brown or green lentils * lemon juice * dried thyme * almond flour
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