

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> *24 oz 2% cottage cheese * (2) dozen eggs *1/2 gallon unsweetened almond milk *large heavy cream * (1) small 0% Plain Greek yogurt * (1) stick of butter *sour cream *1 ½ c. egg whites *10 oz sliced Swiss Cheese *4 T. 1/3 less fat cream cheese *4 c. Mozzarella *1 c. cheddar <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *sausage links *2 ½ lbs boneless skinless chicken breasts *1 lb Italian sausage *pepperoni * (2) 12 oz deli Roast beef *1 lb ground beef *8 oz bacon <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> * (1) bag of strawberries * (1) bag of seasoning blend * (1) bag of peas * (1) bag of cauli rice * (1) bag of corn * (1) bag of broccoli 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> * (4) Apples *small bag of kale * (2) 3 pk Romaine lettuce * (2) cucumbers (for fresh veg) * (7) green bell peppers *celery *1 lb carrots *green onions *garlic * (5) onions *8 oz mushrooms * (1) lime * (1) bunch of cilantro * (1) zucchini <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *Frank's Red Hot Sauce * (2) pizza sauce * (4) 8 oz tomato sauce *3 quarts chicken broth * (2) 15 oz black beans * (1) 10.5 oz Rotel * (1) 14.5 oz fire roasted tomatoes 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *old fashioned oats *Swerve Brown Sweetener *cinnamon *peanut butter *protein powder, optional *vanilla extract *caramel extract *cocoa powder *Ranch dressing *85% dark chocolate *mint extract *dried parsley *oregano *onion powder *garlic powder *cayenne pepper *basil *sesame oil *6 c. brown rice, cooked *soy sauce or Bragg's liquid aminos *red pepper flakes *coconut oil *Italian seasoning *taco seasoning *paprika *cumin *almond flour *apple cider vinegar *sparkling water *on plan sweetener *THM Pineapple Natural Burst *THM Cherry Natural Burst
---	--	---