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| <p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>*large heavy cream</li> <li>* (2) sticks of butter</li> <li>* (1) dozen eggs</li> <li>* 16 oz 2% cottage cheese</li> <li>* unsweetened almond milk</li> <li>* 3 c. egg whites</li> <li>* 2 c. cheddar cheese</li> <li>* sour cream</li> <li>* 4 T. 1/3 less fat cream cheese</li> <li>* 4 c. mozzarella</li> </ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>* deli ham</li> <li>* 5 lbs ground beef</li> <li>* 1 ½ lbs boneless skinless chicken breasts</li> <li>* 2 lbs ground sausage</li> <li>* pepperoni</li> </ul> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>* (1) bag of okra</li> <li>* 1 c. peas</li> <li>* (2) 16 oz cauliflower florets</li> <li>* (1) bag of cauli rice</li> <li>* (1) 12 oz broccoli</li> </ul> | <p style="text-align: center;"><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>* (3) apples</li> <li>* 1 lb strawberries</li> <li>* (2) 3 pk Romaine lettuce</li> <li>* (3) green bell peppers</li> <li>* (1) cucumber (for fresh veg)</li> <li>* (5) onions</li> <li>* garlic</li> <li>* 1 lb carrots</li> <li>* green onions</li> <li>* small bag of spinach</li> <li>* 1/2 green cabbage</li> </ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>* (3) 8 oz tomato sauce</li> <li>* 3 quarts + 1 c. chicken broth</li> <li>* (5) 14 oz diced tomatoes</li> <li>* (2) 10.5 oz Rotel</li> <li>* (1) 15 oz pinto beans</li> <li>* 2/3 c. beef broth</li> <li>* pizza sauce</li> <li>* (1) 15 oz kidney beans</li> <li>* (1) 15 oz Great Northern beans</li> </ul> | <p style="text-align: center;"><b><u>Dry Grocery:</u></b></p> <ul style="list-style-type: none"> <li>* old fashioned oats</li> <li>* cinnamon</li> <li>* Swerve brown sweetener</li> <li>* onion powder</li> <li>* garlic powder</li> <li>* cayenne pepper</li> <li>* apple cider vinegar</li> <li>* sparkling water</li> <li>* THM Cherry Burst</li> <li>* THM Pineapple Burst</li> <li>* coconut oil</li> <li>* cocoa powder</li> <li>* peanut butter</li> <li>* vanilla extract</li> <li>* pressed peanut powder</li> <li>* Ranch dressing</li> <li>* 85% dark chocolate</li> <li>* mint extract</li> <li>* protein powder, optional</li> <li>* on plan sweetener</li> <li>* 4 c. brown rice, cooked</li> <li>* taco seasoning</li> <li>* chili powder</li> <li>* soy sauce/Bragg's Liquid aminos</li> <li>* sesame oil</li> <li>* red pepper flakes</li> <li>* paprika</li> <li>* Worcestershire sauce</li> <li>* almond flour</li> <li>* chili seasoning</li> <li>* 1/2 lb green or brown lentil</li> </ul> |
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