

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>* (1) dozen eggs</li> <li>* (2) sticks of butter</li> <li>* 1/2 gal. Unsweetened almond milk</li> <li>* heavy cream</li> <li>* 24 oz 2% cottage cheese</li> <li>* 1 c. Parmesan (green can is fine)</li> <li>* 7 c. mozzarella</li> <li>* sour cream</li> <li>* 8 oz + 4 T 1/3 less fat cream cheese</li> </ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>* 7 1/2 lbs boneless skinless chicken breasts</li> <li>* 1 lb ground beef</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 seasoning blend</li> <li>* 1 c. peas</li> </ul>	<p style="text-align: center;"><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>* 1 lb strawberries</li> <li>* celery</li> <li>* (3) apples</li> <li>* (3) cucumbers (for fresh veg)</li> <li>* (5) green bell peppers</li> <li>* (5) onions</li> <li>* garlic</li> <li>* large bag of spinach</li> <li>* (1) zucchini</li> <li>* 1 lb carrots</li> <li>* (1) 3 pk Romaine lettuce</li> <li>* (1) head of broccoli</li> <li>* (1) red bell pepper</li> <li>* (1) lime</li> </ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>* (1) 8 oz tomato sauce</li> <li>* 1 quart + 1 c. chicken broth</li> <li>* (1) 4 oz diced green chiles</li> <li>* salsa</li> <li>* (1) 15 oz black bean</li> <li>* Frank's Red Hot sauce</li> <li>* (1) 10.5 oz Rotel</li> <li>* 1 quart vegetable stock</li> <li>* pizza sauce</li> <li>* 2 c. dry black beans or 4 c. cooked (this is in addition to what is listed above)</li> </ul>	<p style="text-align: center;"><b><u>Dry Grocery:</u></b></p> <ul style="list-style-type: none"> <li>* Sweet &amp; Spicy tea, optional</li> <li>* peanut butter</li> <li>* apple cider vinegar</li> <li>* sparkling water</li> <li>* on plan sweetener</li> <li>* THM Cherry Burst</li> <li>* THM Pineapple Burst</li> <li>* old fashioned oats</li> <li>* Swerve Brown Sweetener</li> <li>* cinnamon</li> <li>* peppermint tea, optional</li> <li>* protein powder</li> <li>* cocoa powder</li> <li>* vanilla extract</li> <li>* peppermint extract</li> <li>* 85% dark chocolate</li> <li>* Ranch dressing</li> <li>* Zevia Root Beer, optional</li> <li>* olive oil</li> <li>* rosemary</li> <li>* thyme</li> <li>* garlic powder</li> <li>* oregano</li> <li>* 2 2/3 c brown rice, not cooked</li> <li>* cumin</li> <li>* cayenne pepper</li> <li>* parsley</li> <li>* onion powder</li> <li>* taco seasoning</li> <li>* chili powder</li> <li>* soy sauce</li> <li>* red pepper flakes</li> <li>* almond flour</li> <li>* coconut oil</li> <li>* paprika</li> </ul>
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