

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
<ul style="list-style-type: none"> *1/2 gal unsweetened almond milk *heavy cream *16 oz 2% cottage cheese *(1) dozen eggs *(2) cheese sticks *sour cream *(1) stick of butter *4 c. mozzarella *4 T. 1/3 less fat cream cheese *Parmesan cheese 	<ul style="list-style-type: none"> *(3) apples *(1) grapefruit *(2) 3 pk Romaine hearts *(1) banana *(1) peach (can use frozen) *celery *(4) onions *(1) large green cabbage *(1) jalapeno *garlic *zest of an orange *(4) green bell peppers *(1) cucumber (for fresh veg) *(1) lime (or can use bottled juice) *small bag of spinach 	<ul style="list-style-type: none"> *old fashioned oats *cinnamon *Swerve brown sweetener, opt. *vanilla extract *no sugar added peanut butter *cocoa powder *protein powder *Ranch dressing (for salad) *almonds *apple cider vinegar *sparkling water *THM Cherry Burst *THM Pineapple Burst *on plan sweetener *lime juice *onion powder *garlic powder *coconut oil *1 c. brown rice, not cooked *oregano *paprika *cumin *chili seasoning *1/2 lb green or brown lentils *dried parsley *taco seasoning *Italian seasoning *gluccie or xanthan gum, opt
<p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *sausage links *2 ½ lbs boneless skinless chicken breasts *3 lb pork shoulder *1 ½ lb smoked sausage *pepperoni *1 lb ground beef *2 ½ lbs chicken tenders Frozen: *strawberries *(1) bag of seasoning blend *(1) bag of broccoli 	<p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *salsa *2 quarts chicken broth *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *Frank's Red Hot Sauce *(2) 8 oz tomato sauce *pizza sauce *7 oz sun dried tomatoes 	