

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> * (1) dozen eggs * 16 oz. 2% cottage cheese * unsweetened almond milk * heavy cream * large 0% Plain Greek yogurt * 2 c. cheddar cheese * (1) stick of butter * sour cream * 4 c. Mozzarella cheese * 4 T. 1/3 less fat cream cheese <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> * 2 lbs boneless skinless chicken * 2 lbs ground sausage * 1 lb bacon * (8) pork chops * 1 lb ground beef * pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> * (2) 16 oz cauliflower florets * 2 c. okra * (1) cauliflower rice * (1) bag of peas 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> * (3) medium zucchini * (1) grapefruit * (2) apples * 1 lb strawberries * (8) onions * celery * large bag of kale (or 2 bunches) * (2) 3 pk Romaine lettuce * 1 lb carrots * garlic * (2) heads of broccoli (can use frozen) * (2) red bell peppers * (2) green bell pepper <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * (3) quarts of chicken broth * (1) quart of vegetable broth * (2) 15 oz Great Northern beans * salsa * pizza sauce * (2) 15 oz black beans * (1) 10.5 oz Rotel 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> * old fashioned oats * cinnamon * Swerve brown sweetener, opt. * apple cider vinegar * sparkling water * on plan sweetener * THM Cherry Natural Burst * THM Pineapple Natural Burst * protein powder * peanut butter * cocoa powder * vanilla extract * almonds * onion powder * garlic powder * coconut oil * 3 c. brown rice, not cooked * red pepper flakes * Ranch dressing (for salad) * 1/2 lb quinoa * rosemary * Italian seasoning * red wine vinegar * taco seasoning * Frank's Red Hot sauce * almond flour * chili powder
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