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| <p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>* (1) dozen eggs</li> <li>* 16 oz 2% cottage cheese</li> <li>* 1 c. cheddar cheese</li> <li>* heavy cream</li> <li>* unsweetened almond milk</li> <li>* (1) stick of butter</li> <li>* 4 1/3 c. mozzarella cheese</li> <li>* 1 1/2 c. egg whites</li> <li>* 8 oz + 4T. 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>* sausage links</li> <li>* (6) chicken thighs</li> <li>* 2 lbs ground beef</li> <li>* 2 1/2 lbs boneless skinless chicken breasts</li> <li>* pepperoni</li> </ul> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>* strawberries</li> <li>* (3) bags of cauliflower rice</li> <li>* (1) bag of green beans</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>* (3) apples</li> <li>* 3 pk Romaine lettuce</li> <li>* (1) grapefruit</li> <li>* (2) cucumbers (for fresh veg)</li> <li>* (4) green bell peppers</li> <li>* (4) onions</li> <li>* garlic</li> <li>* large bag of spinach</li> <li>* 1 lb carrots</li> <li>* (1) zucchini</li> <li>* green onions</li> <li>* 1 lb strawberries</li> </ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>* (2) 8 oz tomato sauce</li> <li>* (1) quart chicken broth</li> <li>* salsa</li> <li>* (1) 10.5 oz Rotel</li> <li>* (2) quarts vegetable broth</li> <li>* (1) 14.5 oz diced tomatoes</li> <li>* (2) 15 oz Great Norther beans</li> <li>* spaghetti sauce</li> <li>* pizza sauce</li> <li>* (1) 4 oz diced green chilies</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>* Swerve Brown Sweetener, opt.</li> <li>* cinnamon</li> <li>* Ranch dressing (for salad)</li> <li>* apple cider vinegar</li> <li>* sparkling water</li> <li>* THM Cherry Burst</li> <li>* THM Pineapple Burst</li> <li>* lime juice</li> <li>* low carb tortillas</li> <li>* peanut butter</li> <li>* 85% dark chocolate</li> <li>* vanilla extract</li> <li>* protein powder</li> <li>* cocoa powder</li> <li>* garlic powder</li> <li>* onion powder</li> <li>* cayenne pepper</li> <li>* 2 2/3 c. brown rice, not cooked</li> <li>* chili powder</li> <li>* basil</li> <li>* Italian seasoning</li> <li>* bay leaf</li> <li>* red pepper flakes</li> <li>* sesame oil</li> <li>* soy sauce</li> <li>* taco seasoning</li> <li>* almond flour</li> <li>* cumin</li> <li>* coconut oil</li> <li>* Peppermint tea, optional</li> <li>* Sweet &amp; Spicy tea, optional</li> </ul> |
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