

<p style="text-align: center;"><u>Dairy:</u></p> <p>*1/2 gal unsweetened almond milk *24 oz 2% cottage cheese *4 c. cheddar cheese *heavy cream *(2) dozen eggs *(1) stick of butter *(2) cheese sticks *3 c. egg whites *4 c. Mozzarella cheese *8 oz + 4 T 1/3 less fat cream cheese</p> <p style="text-align: center;"><u>Meat:</u></p> <p>*4 oz deli ham (look for no sugar added and no nitrates) *4 lbs ground beef *1 1/2 lbs boneless skinless chicken breasts *8 oz bacon *pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>*(1) bag of strawberries *(1) bag of peaches *2 c. okra *(2) bags of cauliflower rice *1 c. peas</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>*(1) banana *(2) 3 pk Romaine lettuce *1 lb strawberries *(2) apples *(2) cucumbers (for fresh veg) *(4) green bell peppers *(5) onions *garlic *1 lb carrots *(2) zucchini *(1) small bag of spinach *green onions</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>*(2) 8 oz tomato sauce *1 c. chicken broth *(2) 14.5 oz diced tomatoes *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *(2) quarts vegetable broth *(2) 15 oz Great Northern beans *spaghetti sauce *pizza sauce</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>*vanilla extract *protein powder *on plan sweetener *Ranch dressing *peanut butter (no sugar added) *85% dark chocolate *apple cider vinegar *sparkling water *lime juice *THM Cherry Burst, optional *THM Pineapple Burst, optional *old fashioned oats *cinnamon *Swerve Brown Sweetener, opt *garlic powder *onion powder *cayenne pepper *almonds *cocoa powder *2 c brown rice, not cooked *taco seasoning *chili powder *liquid aminos or soy sauce *olive or avocado oil *Italian seasoning *bay leaf *red pepper flakes *sesame oil *almond flour *Sweet and Spicy tea, optional *Peppermint tea, optional</p>
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