

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>* (1) dozen eggs</li> <li>* (1) stick of butter</li> <li>* sliced cheese (your choice)</li> <li>* heavy cream</li> <li>* large 0% Plain Greek yogurt</li> <li>* unsweetened almond milk</li> <li>* sour cream</li> <li>* 1 c. cheddar cheese</li> <li>* 1 c. Parmesan (green can ok)</li> <li>* 4 T 1/3 less fat cream cheese</li> <li>* 4 c. mozzarella cheese</li> </ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>* 3 oz deli ham</li> <li>* 3 1/2 lbs boneless skinless chicken breasts</li> <li>* 1 lb ground beef</li> <li>* 1 lb kielbasa</li> <li>* pepperoni</li> <li>* 3 lb chuck roast</li> </ul> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>* (2) bags of cauliflower rice</li> <li>* (2) 10 oz spinach</li> <li>* (3) bag of broccoli</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>* (1) bunch of celery</li> <li>* (3) apples</li> <li>* (1) 3 pk Romaine lettuce</li> <li>* (3) cucumbers</li> <li>* (5) green bell peppers</li> <li>* (2) heads of green cabbage</li> <li>* (6) onions</li> <li>* garlic</li> <li>* (1) large zucchini</li> <li>* 1" piece of ginger</li> </ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>* mayo</li> <li>* mustard</li> <li>* (1) 8 oz tomato sauce</li> <li>* (2) quarts chicken broth</li> <li>* salsa</li> <li>* (1) 15 oz kidney beans</li> <li>* (1) 15 oz Great Northern beans</li> <li>* (2) 14 oz diced tomatoes</li> <li>* pizza sauce</li> </ul>	<p style="text-align: center;"><b><u>Dry Grocery:</u></b></p> <ul style="list-style-type: none"> <li>* peanut butter</li> <li>* apple cider vinegar</li> <li>* sparkling water</li> <li>* on plan sweetener</li> <li>* THM Pineapple burst</li> <li>* THM Cherry Burst</li> <li>* lime juice</li> <li>* old fashioned oats</li> <li>* cinnamon</li> <li>* collagen</li> <li>* salt &amp; pepper</li> <li>* 85% dark chocolate</li> <li>* onion powder</li> <li>* garlic powder</li> <li>* cayenne pepper</li> <li>* pistachios</li> <li>* cocoa powder</li> <li>* vanilla extract</li> <li>* protein powder</li> <li>* Sweet &amp; Spicy tea, optional</li> <li>* taco seasoning</li> <li>* ranch dressing, for salad</li> <li>* olive oil</li> <li>* chili seasoning</li> <li>* 1/2 lb lentils</li> <li>* almond flour</li> <li>* rice vinegar</li> <li>* sesame seeds</li> <li>* soy sauce</li> <li>* ground ginger</li> <li>* coconut oil</li> </ul>
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