

<p><u>Dairy:</u> *(1) stick of butter *16 oz 2% cottage cheese *unsweetened almond milk *heavy cream *(2) cheese sticks *(1) dozen eggs *(1) sm container 0% Plain Greek yogurt *(1) 8 oz 1/3 less fat cream cheese *3 c. mozzarella cheese *1 c. cheddar cheese *Parmesan cheese (green can kind is fine) *1 c. egg whites</p> <p><u>Meat:</u> *2 lbs Italian sausage *1 lb bacon *4 lbs boneless skinless chicken breasts *4 lbs ground beef *pepperoni *2 lbs steak</p> <p><u>Frozen:</u> *strawberries *peaches *(1) 16 oz broccoli *1/2 bag of peas *(4) 10 oz cauli rice</p>	<p><u>Produce:</u> *(6) onions *(1) bag of kale *(6) bell peppers *(1) red bell pepper *3 pk Romaine lettuce *(1) apple *celery *(1) banana *(1) zucchini *head of broccoli *head of cauliflower *(2) cucumbers (for salad and fresh veg)</p> <p><u>Canned/Jarred:</u> *(1) 8 oz tomato sauce *(3) quarts chicken stock *(1) 10.5 oz Rotel *(1) quart vegetable stock *24 oz spaghetti sauce *(1) 15 oz kidney bean *(1) 15 oz Great Northern bean *(2) 14 oz diced tomatoes *mayo</p>	<p><u>Dry Grocery:</u> *Ranch dressing *cocoa powder *no sugar added peanut butter *vanilla extract *caramel extract *protein powder, optional *on plan sweetener *apple cider vinegar *sparkling water *onion powder *garlic powder *cayenne pepper *cinnamon *red pepper flakes *chili powder *2 c. brown rice, cooked *soy sauce *olive oil *old fashioned oats *dried minced onion *Italian seasoning *oregano *sage *chili seasoning *1/2 lb dried green or brown lentils</p>
--	---	--