

<p><u>Dairy:</u> *large 0% Plain Greek yogurt *heavy cream *unsweetened almond milk *16 oz 2% cottage cheese *(1) cheese stick *(1) dozen eggs *(1) stick of butter *(2) 8 oz + 4 T. 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella *1 ½ c. egg whites</p> <p><u>Meat:</u> *3 lbs ground beef *2 ½ lb boneless skinless chicken breasts *(4) fully cooked chicken sausage *2 lbs ground sausage</p> <p><u>Frozen:</u> *(1) bag riced cauliflower *(1) bag of peas *(1) bag of seasoning blend *(1) 10 oz spinach</p>	<p><u>Produce:</u> *(5) apples *celery *1 lb strawberries *(2) cucumbers (for fresh veg) *(1) green bell pepper (for fresh veg) *(2) onions *1 lb carrots *garlic *(1) large bag of spinach *(1) 3 pk Romaine lettuce *green onions *(1) head of broccoli *(1) red bell pepper</p> <p><u>Canned/Jarred:</u> *mayo *mustard *3 quarts chicken broth *20 oz spaghetti sauce *(2) 14.5 oz fire roasted tomatoes *(1) 6 oz tomato paste *(1) 10.5 oz Rotel *4 c. beef broth *Sriracha or hot sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *old fashioned oats *Swerve Brown Sweetener *on plan sweetener *cinnamon *peanut butter *apple cider vinegar *sparkling water *lime juice *THM Cherry Natural Burst *THM Pineapple Natural Burst *vanilla extract *protein powder, opt *85% dark chocolate *mint extract *almonds *red pepper flakes *oregano *onion powder *garlic powder *cayenne pepper *Ranch dressing, for salad *sesame oil *6 c. cooked brown rice *soy sauce *1 lb lentils *olive oil *taco seasoning *chili powder *almond flour</p>
---	--	--