

<p><u>Dairy:</u> *unsweetened almond milk *24 oz 2% cottage cheese *(2) cheese sticks sliced cheese *large 0% Plain Greek yogurt *(1) dozen eggs *(1) stick of butter *1 ½ 8 oz 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella *4 oz sharp cheddar *Parmesan cheese *1 ½ c. egg whites</p> <p><u>Meat:</u> *3 oz deli meat *5 1/2 lbs boneless skinless chicken breasts *2 lbs ground beef *13 to 16 oz smoked sausage *pepperoni</p> <p><u>Frozen:</u> *mixed berries *strawberries *peaches *(1) bag of seasoning blend *(2) bags of broccoli *3 c. peas *(1) bag of cauliflower rice</p>	<p><u>Produce:</u> *1 lb strawberries *(3) 3 pk Romaine lettuce *(2) green bell peppers *(1) cucumber *celery *1/2 of a banana *24 oz spinach *(2) onions *1 c. mushrooms *cilantro *garlic *carrots *green onions</p> <p><u>Canned/Jarred:</u> *mayo *mustard *(2) 15 oz black beans *salsa *(1) 10.5 oz Rotel *1 c. salsa verde *20 oz spaghetti sauce *pizza sauce *(1) 15 oz garbanzo beans *prepared horseradish</p>	<p><u>Dry Grocery:</u> *peanut butter *protein powder *on plan sweetener *cocoa powder *coconut oil *85% dark chocolate *mint extract *apple cider vinegar *sparkling water *lime juice *THM Pineapple burst *THM Cherry burst *old fashioned oats *collagen *tea *vanilla extract *Ranch dressing, for salad *cayenne pepper *chicken bouillon *curry powder *dill weed *Worcestershire sauce *gluccie or xanthan gum *salt & pepper *red pepper flakes *4 ½ c. brown rice, not cooked *chili powder *cumin *oregano *onion powder *garlic powder *extra virgin olive oil *balsamic vinegar *peanuts *soy sauce *almond flour *sesame oil</p>
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