

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> * (1) dozen eggs * (1) stick of butter * heavy cream * large 0% Plain Greek yogurt * (2) cheese sticks * unsweetened almond milk * 1 c. cheddar cheese * sour cream * 4 c. mozzarella cheese * 4 T. 1/3 less fat cream cheese <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> * 2 lbs ground turkey * 1 ½ lbs smoked sausage * 3 lbs boneless skinless chicken breasts * 1 lb ground beef * pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> * strawberries * peaches * (4) bags of seasoning blend * (2) bags of broccoli * 1/2 bag of peas 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> * 1 lb strawberries * (3) apples * (2) 3 pk Romaine lettuce * (1) banana * (3) green bell peppers * (2) cucumbers * garlic * (1) head of green cabbage * (1) red bell pepper * (1) onion <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> * (1) 8 oz tomato sauce * 3 quarts chicken broth * (4) 14 oz diced tomatoes * (4) 15 oz pinto beans * (1) 15 oz corn * salsa * (1) 10.5 oz Rotel * (3) 15 oz Great Northern beans * pizza sauce * (1) 15 oz red beans 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> * peanut butter * on plan sweetener * 85% dark chocolate * apple cider vinegar * sparkling water * lime juice * THM Cherry Burst * THM Pineapple Burst * cinnamon * almonds * protein powder * vanilla extract * garlic powder * onion powder * cayenne pepper * cocoa powder * salt & pepper * oregano * 4 c. brown rice, cooked * chili powder * cumin * coconut oil * soy sauce * Frank's Red Hot sauce * taco seasoning * almond flour * parsley * Tony Chachere's seasoning * ground sage * 1 ½ c. quinoa
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