

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none"> *unsweetened almond milk *16 oz 2% cottage cheese *large heavy cream *Light Laughing Cow Cheese *(1) small 0% Plain Greek yogurt *sliced cheese (your choice) *3 c. egg whites *1/2 dozen eggs *(1) string cheese *(1) stick of butter *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *6 oz deli ham *5 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *2 lbs ground sausage *pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none"> *1 c. peas *(2) bags of seasoning blend *(4) bags of cauliflower rice *(2) 16 oz cauliflower florets *2 c. okra 	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none"> *celery *(2) apples *(2) cucumbers *(5) green bell peppers *1 lb strawberries *(1) 3 pk Romaine lettuce *(5) onions *(1) avocado *garlic *1 lb carrots *6 c. kale *green onions <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *dill pickles *(1) 8 oz tomato sauce *(3) quarts chicken broth *mayo *mustard *(1) 4 oz diced green chilies *3/4 c. salsa *(1) 15 oz black beans *spaghetti sauce *pizza sauce 	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none"> *peanut butter *protein powder *vanilla extract *apple cider vinegar *sparkling water *on plan sweetener *THM Pineapple Burst *THM Cherry Burst *lime juice *old fashioned oats *cinnamon *Sweet & Spicy tea *collagen *garlic powder *onion powder *cayenne pepper *almonds *85% dark chocolate *coconut oil *2 2/3 c. brown rice, not cooked *liquid aminos or soy sauce *red pepper flakes *cumin *salt & pepper *ranch dressing, for salad *parsley *oregano *almond flour *sesame oil *ground ginger
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