

<p><u>Dairy:</u> *(2) dozen eggs *(2) sticks of butter *1/2 gal unsweetened almond milk *heavy cream *3 c. Mozzarella cheese *(2) 8 oz cream cheese *2% cottage cheese *half & half *1g 0% plain Greek yogurt *6 c. cheddar cheese *sour cream</p> <p><u>Meat:</u> *sausage links *4 oz deli ham *(2) bone-in chicken breasts *2 lbs 96% lean ground beef *(1) pack Hebrew National Hot Dogs *4 lb trimmed beef brisket *(6) strips of bacon</p> <p><u>Frozen:</u> *1/4 c. corn *(1) bag of green beans *(1) bag of broccoli *(1) bag of cauliflower rice *(2) bags of cauliflower florets</p>	<p><u>Produce:</u> *(2) 3 pk Romaine lettuce *(1) tomato *(1) cucumber (for fresh veg) *(1) small bag of spinach *(5) lemons *(1) lime *1 lb strawberries *(1) green bell pepper *(3) onions *garlic *1 lb carrots *(4) jalapeno peppers *(1) large green cabbage</p> <p><u>Canned/Jarred:</u> *salsa *(2) quarts chicken broth *(1) 6 oz tomato paste *(1) 10.5 oz Rotel *Hatch Green Salsa *(3) quarts beef broth *(1) 15 oz pinto beans *(4) 14.5 oz diced tomatoes *yellow mustard *32 oz tomato juice *Duke's mayo</p>	<p><u>Dry Grocery:</u> *THM Baking Blend *on plan sweetener *whey protein powder *xanthan gum *2 ¼ lbs dry pinto beans *apple cider vinegar *chili powder *cumin *paprika *garlic powder *old fashioned oats *unsweetened applesauce *cinnamon *baobab powder *collagen *MCT oil *(1) pack low carb tortillas *root beer flavoring *molasses, optional *fizzy mineral water *1 ¼ c. brown rice, not cooked *dried parsley *cocoa powder *vanilla extract *almond flour *baking powder *Lily's chocolate chips *espresso powder or instant coffee *beef base *cayenne pepper, optional *oregano *basil *onion powder</p>
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