

# Grocery List 3/4 - 3/10

## Produce

5 Bananas  
3 Onions  
2 Mediums Zucchini  
1 Large Green Pepper  
1 Jalapeno  
10 Garlic Cloves  
1 Large Avocado  
1 Large Tomato  
¼ C Spinach  
1 Medium Orange  
1 Red Bell Pepper  
1 C Diced Green Pepper  
1 lb. Broccoli  
2 Medium Spaghetti Squash  
Berries of Choice (x2)  
Salad (x10)  
Non-Starchy Vegetables of choice (x4)  
Green Beans  
Apples  
Broccoli

## Frozen

(2) 10 oz. Bags Diced Sweet Potatoes  
(1) 10 oz. Bag Spinach Okra

## Meat

1 lb. Pepperoni  
1 lb. Bacon  
5 ½ lbs. Boneless Skinless Chicken Breasts  
1 lb. Ground Beef  
½ lb. Ground Sausage  
1 lb. Shrimp  
Protein of Choice (x3)

## Misc.

1 ½ C Liquid Egg Whites  
2 Dozen Eggs  
Unsweetened Almond Milk  
8 Egg Whites

## Canned Goods

Mushrooms  
(1) 15 oz. Can Kidney Beans  
Pizza Sauce  
Salsa  
Spaghetti Sauce

## Pantry

Lemon Juice  
Mayonnaise  
Ketchup  
Dill Pickles Relish  
Apple Cider Vinegar  
Real Bacon Pieces  
Reduced-Sodium Soy Sauce  
Brown Rice  
Chicken Bouillon  
Natural Peanut Butter  
Lily's Chocolate Chips  
Polaner Jam  
Baking Soda  
Oat Flour  
Oat Fiber  
Vanilla Protein Powder  
THM Baking Blend  
Psyllium Husk Powder  
Baking Powder  
Peanut Flour  
Old Fashioned Rolled Oats  
Cocoa Powder  
Integral Collagen  
Almond Flour  
Minced Garlic  
Ginger  
Xanthum Gum  
Oregano  
Italian Seasoning  
Garlic Salt  
Mineral Salt  
Pure Stevia Extract  
Cinnamon  
Ground Cloves  
Gentle Sweet  
Ground Chipotle Chili

Garlic Powder  
Onion Powder  
Black Pepper  
Vanilla Extract  
Erythritol  
Ground Cumin  
Dill Weed  
1 ¾ C Grated Parmesan Cheese (Green Can)  
Coconut Oil

## Dairy

6 ½ Cups Mozzarella Cheese (Shredded)  
¾ Cup Butter  
1 ¼ Cup Heavy Whipping Cream  
3 T Half & Half  
1 C Shredded Cheddar  
½ C Sour Cream  
2 C Low-Fat Cottage Cheese  
3 ¼ C Low-Fat Greek Yogurt  
(2) 8 oz. Pkg Cream Cheese  
3 Wedges Light Swiss Cheese