

Shopping List

Produce

Onions
1 Cup Frozen Spinach
Celery
Grapes
Banana
1 Green Pepper
1 Red Pepper
9 Cups Fresh Broccoli
Apples
Cabbage (1 head)
Cilantro
1 Zucchini
Tomatoes
Lettuce
Other Non-Starchy
 Vegetables of choice
Berries of Choice

Frozen

Frozen Cherries
2 Bags Green Beans
Cut Okra

Meat

4 ½ Pounds Skinless
 Chicken
2 ½ Pounds Hamburger
Pepperoni
1 ½ Pounds Breakfast
 Sausage
1 Pound Italian Sausage
Bacon

Canned Goods

(1) Can Diced Tomatoes
(1) Can Black Beans

(1) 20 Ounce Can
 Pineapple Chunks in
 100% juice
Tomato Paste
Dill Pickles

Pantry Staples

Mayonnaise
Yellow Mustard
Sugar Free Ketchup
Cocoa Powder
Baking Powder
Italian Seasoning
Parsley Flakes
Dried Minced Onion
Garlic Powder
Garlic Salt
Creole Seasoning
Ginger
Chili Powder
Oregano
Black Pepper
Thyme
Basil
Smoked Paprika
Rosemary
Salt
Bacon Pieces
Gentle Sweet
Apple Cider Vinegar
Peanut Flour
Coconut Oil
Liquid Smoke
Vanilla Extract
Lily's Chocolate Chips
THM Baking Blend
Almond Flour
Old Fashioned Oats
Cinnamon

Collagen
Protein Powder
Braggs Liquid Aminos
Glucomannan
Baobab Powder,
 optional
Natural Peanut Butter
Parmesan
1 Cup Unsweetened
 Flake Coconut
Pepitas (Pumpkin
 Seeds)

Dairy

4 Cups Low Fat Cottage
 Cheese
4 Cups Shredded
 Cheddar Cheese
7 ½ Cups Shredded
 Mozzarella Cheese
2 ½ Cups Greek Yogurt
2 Cream Cheese
1 Cup Sour Cream
Butter
½ Cup Heavy Cream
Double Fermented Kefir
½ & ½

Miscellaneous

2 Dozen Eggs
Unsweetened Almond
 Milk
Egg Whites