

Produce	Dairy	Meat	Dried/Canned	Special Ingredients
2 cabbage heads	Almond milk	Smoked sausage (family)	Black Beans canned or dried	Super Sweet
Yellow squash	1% cottage cheese	Sliced deli meat	Onion powder	Pristine Whey Protein
cucumbers	eggs	Turkey bacon, optional	salsa	Mineral Salt
tomatoes	Cheddar cheese	Ground turkey	Chicken broth	Just Gelatin
avocadoes	Egg whites	Ground italian sausage meat	Split Peas	Collagen
Lettuce for salads	0% Greek Yogurt	Chicken legs	Rolled oats	MCT Oil
onions	Butter	Chicken breast	Apple cider vinegar	Not Naughty Noodles, optional
jalapenos			Crushed tomatoes	Braggs Liquid Aminos
zucchini			Tuna	Vitamin C Powder
Button mushrooms		<b>FROZEN FOODS::</b>		
Sweet potato		Veggie blend: onion, celery, pepper		
carrots				
bananas				
celery				