Grocery Shopping List

* 1 pound lean beef
* 4 boneless/skinless chicken breasts
* 3 pounds of pork shoulder roast or 2.5 pounds of chicken breast
* 1 cup plain Greek yogurt
* 1 large head cauliflower
* 3 cloves garlic
* Sour cream
* 1 can of diced tomatoes
* 1 can beef broth
* 2 cups of frozen mixed vegetables
* 1 cup of instant brown rice (uncooked)
* Sharp aged Cheddar cheese, grated
* Parmesan cheese – grated
* Splenda brown sugar
* Reduce sugar ketchup
* Salt
* Seasoned salt
* Pepper
* Vinegar
* 1 package of McCommick BBQ pulled pork Seasoning mix
* \* Optional slow cooker liners \*
* ---------------------------------------------------------------
* 4 cups vanilla Dannon Light & Fit Greek yogurt
* 1 small bag frozen mixed berries (at least 2 cups or 16 oz)
* 1 bag Perky Jerky 5 oz (flavor of choice)
* 1 One protein bar (flavor of choice)
* Publix buffalo chicken dip
* 1 bag precut celery
* 1 bag mini rice cakes (flavor of choice)
* 1 small can almonds (flavor of choice)
* 3 Laughing Cow cheese dippers (near cheese section)