

Shopping List: 1/25-1/31/16

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Dairy:

- * (1) dozen eggs
- * (1) stick of butter
- * (2) wedges of Light Laughing Cow Cheese
- * (2) cups of cheddar cheese
- * sour cream
- * 32 oz. of 2% cottage cheese
- * unsweetened almond milk
- * heavy cream
- * (3) cups of mozzarella cheese
- * 1g. container of 0% Plain Greek Yogurt

Meat:

- * 3# boneless, skinless chicken breasts
- * 4# ground beef
- * 1 1/2# smoked sausage
- * pepperoni

Frozen:

- * peas (for stir-fry)
- * strawberries

Canned/Jarred:

- * 12 oz. on-plan salsa
- * (3) 10.5 oz. cans of Rotel
- * (1) 15 oz. can of pinto beans
- * (1) 14 oz. can of corn
- * (1) 15 oz. can of black beans
- * (2) quarts of chicken broth
- * (1) 8 oz. can of tomato sauce
- * (1) can of on-plan pizza sauce
- * (1) 4 oz. can of diced green chilies

Produce:

- * 3 pk of Romaine lettuce
- * 1# strawberries
- * 2# carrots
- * celery
- * (2) cucumbers (for salads and fresh veg)
- * (4) onions
- * (5) green bell peppers
- * head of broccoli (for stir-fry, can substitute frozen)
- * (1) red bell pepper
- * garlic
- * (1) lg. head of green cabbage
- * (1) apple

Dry Grocery:

- * Sweet & Spicy tea
- * Frank's Red Hot Sauce
- * low-carb tortilla shell
- * Ranch dressing
- * apple cider vinegar
- * sparkling water
- * THM Gentle Sweet, THM Super Sweet or sweetener of your choice
- * Light Rye Wasa crackers
- * all-natural peanut butter
- * protein powder
- * gluccie, optional
- * 4 c. brown rice
- * chili powder
- * taco seasoning
- * garlic powder
- * cumin
- * cayenne pepper
- * peppermint extract
- * 85% dark chocolate
- * vanilla extract
- * caramel extract
- * 3/4 c. peanuts
- * soy sauce, liquid aminos or coconut aminos
- * red pepper flakes
- * onion powder
- * cocoa powder
- * coconut oil
- * cinnamon