

Shopping List: 2/1-2/7/16

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Dairy:

- *1/2 gallon unsweetened almond milk
- *24 oz. 1% cottage cheese
- * (2) sticks of butter
- *16 oz. sour cream
- *2 c. Colby Jack cheese
- *2 c. cheddar cheese
- * (1) dozen eggs
- *1g. container 0% plain Greek Yogurt (or 2 small containers)
- *3 c. mozzarella
- *parmesan cheese
- *half & half
- *8 oz. 1/3 less fat cream cheese

Meat:

- *4# boneless, skinless chicken breasts
- *4# ground beef
- *1# bacon (or turkey bacon)
- *pepperoni (or turkey pepperoni)

Frozen:

- *strawberries
- *green beans
- *broccoli
- *10 oz. spinach

Produce:

- * (5) onions
- * (4) green bell peppers
- *head of garlic
- * (3) lemons
- * (1) avocado
- *3-pk Romaine lettuce
- * (2) cucumbers (for salad and fresh veg)
- *2# carrots
- *celery
- *1# strawberries
- *cilantro
- *green onions
- * (1) banana
- * (1) red onion
- * (3) roma tomatoes
- * (2) jalapenos
- * (2) limes)

Jarred/Canned:

- * (1) quart chicken stock
- * (1) 15 oz. can of kidney beans
- * (1) 15 oz. can of Great Northern beans
- * (2) 14 oz. cans of diced tomatoes
- *1 c. beef broth
- * (1) 4 oz. can of green diced chilies
- * (2) 10.5 oz. cans of Rotel
- *on-plan spaghetti sauce
- *on-plan pizza sauce
- * (1) 8 oz. can of tomato sauce
- *mayo
- *14 oz. can of artichoke hearts in water

Dry Grocery:

- *all natural peanut butter
- *protein powder
- *on-plan sweetener of your choice
- *coconut oil
- *cocoa powder
- *olive oil
- *chili seasoning
- *1/2# green or brown lentils
- *Bragg's Liquid Aminos or soy sauce
- *ground ginger
- *cumin
- *apple cider vinegar
- *sparkling water
- * (1) package of low-carb tortillas
- *chili powder
- *red wine vinegar
- *peppermint extract
- *vanilla extract
- *85% dark chocolate
- *1# dry black beans
- *brown rice
- *dill weed
- *chicken bouillon
- *curry powder
- *Ranch dressing
- *gluccie or xanthan gum, optional
- *peanut flour
- *onion powder
- *garlic powder
- *cayenne pepper
- *taco seasoning
- *Sweet & Spicy tea
- *Orange Zevia
- *creole seasoning
- *Sriracha
- *basil