

Shopping List: 2/8-2/14/16

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Dairy:

- * (1) dozen eggs
- * (2) Dannon 000 Greek Yogurts
- * heavy cream
- * (3) cheese sticks
- * 1/2 gallon unsweetened almond milk
- * 1 c. cheddar cheese
- * sour cream
- * 24 oz. 2% cottage cheese
- * 3 c. mozzarella cheese
- * (1) sm. container 0% Plain Greek yogurt

Meat:

- * 1# ground turkey
- * 1# ground pork
- * 1# ground sausage
- * pepperoni (or turkey pepperoni)
- * 2 oz. lean deli turkey
- * 2-3# boneless beef roast

Produce:

- * 2# carrots
- * (1) bunch of celery
- * (2) cucumbers for salads and fresh veg
- * (7) onions
- * (6) green bell peppers
- * (1) apple
- * 3 pack of Romaine Lettuce heads
- * garlic
- * (1) lime
- * blueberries
- * (1) lemon
- * head of green cabbage
- * green onions
- * strawberries
- * (1) zucchini
- * small bag of spinach

Frozen:

- * 16 oz. bag of strawberries

Jarred/Canned:

- * (1) 8 oz. tomato sauce
- * (2) quarts chicken stock
- * (5) 14 oz. cans of diced tomatoes
- * (2) 15 oz. cans of pinto beans
- * (1) 15 oz. can of corn
- * on-plan mayo
- * yellow mustard
- * (1) sm. can of chipotle chilies in Adobo
- * 3 T. tomato paste
- * (1) 15 oz. can of kidney beans
- * (2) 15 oz. cans of Great Northern beans
- * on-plan pizza sauce
- * (1) 4 oz. can of diced green chilies
- * 3/4 c. on-plan salsa
- * (2) 15 oz. cans of black beans

Dry Grocery:

- * on-plan sweetener (THM sweetener, Truvia, Pyure, etc...)
- * onion powder
- * garlic powder
- * cayenne pepper
- * almonds
- * Apple Cider vinegar
- * sparkling water
- * 3 c. brown rice
- * chili powder
- * cumin
- * coconut oil
- * cocoa powder
- * all-natural peanut butter
- * protein powder
- * vanilla extract
- * olive oil
- * oregano
- * cloves
- * gluccie or xanthan gum, optional
- * chili seasoning
- * 1/2# green or brown lentils
- * ground ginger
- * soy sauce, liquid or coconut aminos
- * Black Cherry Zevia
- * Sweet & Spicy tea
- * (1) low-carb tortilla
- * red wine vinegar
- * Italian seasoning
- * bay leaf
- * red pepper flakes

