

# Shopping List: 2/15-2/21/16

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## Dairy:

- \*large container 0% Plain Greek Yogurt
- \*heavy cream
- \*(1) stick of butter
- \*(1) dozen eggs
- \*16 oz. 2% cottage cheese
- \*8 oz. cream cheese
- \*2 c. cheddar cheese
- \*3 c. mozzarella cheese
- \*(1) cheese stick
- \*1/2 gallon unsweetened almond milk

## Meat:

- \*5# boneless, skinless chicken breasts
- \*1/2# bacon crumbles
- \*pepperoni
- \*2# ground beef
- \*1# ground sausage

## Jarred/ Canned:

- \*(1) 8 oz. tomato sauce
- \*(2) quarts chicken stock
- \*mayo
- \*yellow mustard
- \*(3) 10.5 oz. cans of Rotel
- \*(1) 15 oz. can of corn
- \*(1) 15 oz. can of black beans
- \*on-plan pizza sauce

## Frozen:

- \*peas
- \*(1) 16 oz. bag of broccoli
- \*(1) 16 oz. bag of cauliflower
- \*1 c. okra
- \*strawberries

## Produce:

- \*2# carrots (for fresh veggies and salads too)
- \*celery
- \*(2) cucumbers (for fresh veg and salad)
- \*(1) bunch of broccoli
- \*(1) red bell pepper
- \*garlic
- \*(4) onions
- \*(1) apple
- \*3 pack Romaine lettuce
- \*strawberries
- \*(2) green bell peppers
- \*(1) grapefruit
- \*(1) bunch of kale

## Dry Grocery:

- \*on-plan sweetener (THM brand, Truvia, xylitol, Pyure)
- \*all-natural peanut butter
- \*garlic powder
- \*onion powder
- \*cayenne pepper
- \*caramel extract
- \*peanuts
- \*coconut oil
- \*olive oil
- \*1 c. quinoa
- \*Liquid Aminos or soy sauce
- \*Sriracha
- \*red pepper flakes
- \*Sweet & Spicy tea
- \*Apple Cider Vinegar
- \*sparkling water
- \*paprika
- \*1# lentils
- \*vanilla extract
- \*cumin
- \*chili powder
- \*3 c. brown rice
- \*dried dill
- \*dried parsley
- \*cinnamon
- \*on-plan Ranch
- \*almonds
- \*Bai5 Bubbles Grapefruit
- \*taco seasoning
- \*protein powder