

Shopping List: 2/22-2/28/16

darciesdish.com

Dairy:

- * (1) dozen eggs
- * 1 c. egg whites
- * (1) stick of butter
- * 2 c. cheddar cheese
- * sour cream
- * (3) Vanilla Dannon 000 Greek Yogurt
- * 1/2 gallon unsweetened almond milk
- * heavy cream
- * 8 oz. 2% cottage cheese
- * 3 c. mozzarella cheese

Meat:

- * 8 oz deli ham (Hormel Naturals or Never Any! brand from Aldi)
- * 4lbs ground beef
- * pepperoni

Frozen:

- * green beans

Produce:

- * (5) onions
- * (3) green bell peppers
- * celery
- * 1 lb. carrots
- * green onions
- * (1) tomato
- * (2) cucumbers (for quinoa salad and fresh veg)

Produce continued...

- * (1) bunch of parsley
- * garlic
- * (1) lemon
- * 3-pk of lettuce
- * (3) apples
- * (2) large zucchini
- * sm. bag of spinach

Jarred/Canned:

- * (1) 15 oz. can of black beans
- * (1) 15 oz. can of pumpkin
- * (2) quarts chicken stock
- * (3) 8 oz. cans of tomato sauce
- * (1) 24 oz. jar of no-sugar added spaghetti sauce
- * (1) quart vegetable broth
- * (2) 15 oz. cans of kidney beans
- * (2) 15 oz. cans of Great Northern beans
- * (1) 14 oz. can of diced tomatoes
- * on-plan pizza sauce
- * mustard
- * mayo

Dry Grocery:

- * peppermint tea bags
- * on-plan sweetener (i.e. THM, Truvia, Pyure, etc..)
- * protein powder
- * vanilla extract
- * peppermint extract
- * gluccie or xanthan gum, optional
- * 1 c quinoa, uncooked
- * extra virgin olive oil
- * coconut oil
- * almond flour
- * baking powder
- * baking soda
- * cinnamon
- * apple cider vinegar
- * sparkling water
- * 1/2# brown or green lentils
- * taco seasoning
- * nutritional yeast, optional
- * paprika
- * chili powder
- * Sweet & Spicy tea
- * Ranch dressing
- * all-natural peanut butter
- * cayenne pepper
- * onion powder
- * oregano
- * basil
- * thyme
- * Zevia soda
- * low-carb tortillas
- * 1 c. brown rice, uncooked