

Shopping List: 3/7-3/13/16

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Dairy:

- * (1) dozen eggs
- * (1) Dannon 000 yogurt
- * 4 c. cheddar cheese
- * 24 oz. 2% cottage cheese
- * (2) sticks butter
- * large container of 0% Plain Greek Yogurt
- * (2) individual wedges of Light Laughing Cow Cheese
- * heavy cream
- * 1/2 gal. unsweetened almond milk
- * (2) cheese sticks
- * 6 c. mozzarella cheese
- * sour cream
- * parmesan cheese

Meat:

- * 2 oz. deli ham (Hormel Naturals or Never Any! brands are good)
- * 3 lbs. ground beef
- * 5 lbs. boneless, skinless chicken breasts
- * turkey pepperoni

Frozen:

- * 16 oz. cauliflower
- * 1/2 bag of peas
- * 1/4 bag of strawberries
- * (1) bag of broccoli

Produce:

- * 3 pk. Romaine lettuce
- * (2) cucumbers for salad and fresh veg
- * carrots for salad and fresh veg
- * (3) lemons
- * (7) onions
- * (3) tomatoes
- * 1 lb. strawberries
- * 1g. head of broccoli
- * (3) red bell peppers
- * garlic
- * (5) green bell peppers
- * (1) cubanelle pepper
- * (1) orange
- * 1g. head of cauliflower
- * (1) bunch of green onions
- * (1) jalapeno pepper
- * (4) medium zucchini

Canned/Jarred:

- * dill pickles or dill pickle relish
- * on-plan mayo
- * sugar-free ketchup
- * hot sauce
- * 3 quarts chicken broth/stock
- * (1) 10.5 oz. can of Rotel
- * (1) 8 oz. can of tomato sauce
- * on-plan pizza sauce
- * 24 oz. sugar-free spaghetti sauce

Dry Grocery:

- * on-plan Ranch
- * on-plan sweetener (THM brand, Truvia, Pyure, etc...)
- * protein powder
- * apple cider vinegar (I prefer Bragg's)
- * sparkling water
- * Worcestershire sauce
- * paprika
- * Sweet & Spicy tea
- * onion powder
- * garlic powder
- * cayenne pepper
- * xanthan gum or gluccie, optional
- * almonds
- * 2 c. brown rice
- * coconut oil
- * Bragg's liquid aminos, coconut aminos or soy sauce
- * red pepper flakes
- * all-natural no sugar added peanut butter
- * vanilla extract
- * taco seasoning
- * 1 c. quinoa
- * orange extract
- * olive oil
- * peppermint tea
- * Black Cherry Zevia
- * (3) chicken bouillon cubes
- * Italian seasoning
- * 2 lbs. brown lentils