

# Shopping List: 3/14-3/20/16

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## Dairy:

- \* (1) dozen eggs
- \* 1 c. egg whites
- \* (1) stick of butter
- \* 4 c. cheddar cheese
- \* heavy cream
- \* 1/2 gal. unsweetened almond milk
- \* 16 oz. 1% cottage cheese
- \* sm. container 0% Plain Greek Yogurt
- \* (3) 8oz. packages of 1/3 less fat cream cheese
- \* sour cream
- \* 3 c. mozzarella cheese
- \* 8 oz. Monterey jack cheese

## Meat:

- \* 6 oz. deli ham (Hormel Naturals or Never Any! Brand are good ones)
- \* 1 lb. ground pork
- \* 5 lbs. boneless, skinless chicken breasts
- \* 12 oz. bacon
- \* turkey pepperoni
- \* 1 lb. ground beef

## Frozen:

- \* strawberries

## Canned/Jarred:

- \* 2 c. vegetable stock
- \* (2) 4 oz. diced chilies
- \* 1 c. no-sugar added salsa
- \* (1) 15 oz. can of black beans
- \* (1) 15 oz. can of Great Northern beans
- \* (1) 15 oz. can of corn
- \* 2 quarts chicken stock
- \* (1) 10.5 oz. can of Rotel
- \* (1) can of no-sugar added pizza sauce
- \* (1) 15 oz. can of tomato sauce

## Produce:

- \* (7) onions
- \* (4) green bell peppers
- \* (3) bunches of green onions
- \* (1) large head of cabbage
- \* garlic
- \* 8 oz. baby spinach
- \* blueberries
- \* 2 lbs. strawberries
- \* 1 lb. carrots
- \* (2) lemons
- \* (2) apples
- \* (1) bunch of celery
- \* (5) jalapenos
- \* (1) bunch of cilantro
- \* (2) heads of cauliflower (can substitute 2 bags of frozen)
- \* Romaine lettuce

## Dry Grocery:

- \* Sweet & Spicy tea
- \* all-natural peanut butter
- \* sweetener of your choice (i.e. THM sweetener, Truvia, Pyure, etc...)
- \* peanuts
- \* caramel extract
- \* apple cider vinegar
- \* sparkling water
- \* sesame oil
- \* ground ginger
- \* Bragg's aminos, soy sauce or coconut aminos
- \* almonds
- \* balsamic vinegar
- \* Dijon mustard
- \* extra virgin olive oil
- \* 1 2/3 c. brown rice, not cooked
- \* cumin
- \* cayenne pepper
- \* protein powder
- \* gluccie or xanthan gum, optional
- \* vanilla extract
- \* coconut oil
- \* ground cloves
- \* oregano
- \* Baking Blend
- \* Mesa Harina
- \* baking powder
- \* turmeric, optional
- \* chili powder
- \* cocoa powder
- \* garlic powder
- \* Italian seasoning
- \* taco seasoning
- \* Ranch dressing