

# Shopping List: 3/21-3/27/16

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## Dairy:

- \*large container of 0% Plain Greek Yogurt
- \*heavy cream
- \*24 oz. 1% cottage cheese
- \*2 c. cheddar cheese
- \*sour cream
- \*(1) stick of butter
- \*1 1/2 c. parmesan cheese
- \*6 c. mozzarella cheese
- \*1 dozen eggs
- \*1/2 gallon unsweetened almond milk

## Meat:

- \*3 lbs. ground beef
- \*4 lbs. boneless, skinless chicken breast
- \*pepperoni
- \*6 oz. bacon
- \*2 lb. ham roast

## Frozen:

- \*(1) bag of strawberries
- \*(2) bags of broccoli
- \*(1) bag of peas

## Produce:

- \*2 lbs. strawberries
- \*Romaine lettuce
- \*blueberries
- \*(1) bunch of celery
- \*(3) med. zucchini
- \*garlic
- \*(4) onions
- \*(2) green bell peppers
- \*(2) red bell peppers
- \*(1) grapefruit
- \*(1) banana
- \*(1) head of green cabbage
- \*(1) head of purple cabbage
- \*(1) lemon
- \*(1) head of cauliflower
- \*(1) head of broccoli
- \*1 lb. carrots

## Canned/Jarred:

- \*(1) 8 oz. can of tomato sauce
- \*(1) 15 oz. can of black beans
- \*(1) 15 oz. can of chickpeas
- \*1 c. chicken broth
- \*(1) can of on-plan pizza sauce
- \*mayo

## Grocery:

- \*on-plan sweetener (THM brand, Truvia, Pyure, etc..)
- \*all-natural peanut butter
- \*cayenne pepper
- \*garlic powder
- \*onion powder
- \*taco seasoning
- \*apple cider vinegar
- \*sparkling water
- \*rosemary
- \*thyme
- \*oregano
- \*Sweet & Spicy tea
- \*white vinegar
- \*vanilla extract
- \*gluccie or xanthan gum, opt.
- \*1 c. quinoa
- \*Bragg's Liquid Aminos, soy sauce or coconut aminos
- \*Sriracha
- \*red pepper flakes
- \*Cherry Cola Zevia
- \*protein powder
- \*cocoa powder
- \*peanuts
- \*Ranch dressing