

Shopping List: 4/4-4/10/16

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Dairy:

- * (2) 000 Dannon Vanilla Yogurt
- * (1) wedge of Light Laughing Cow Cheese
- * parmesan cheese
- * 1/2 gallon unsweetened almond milk
- * 32 oz 2% cottage cheese
- * heavy cream
- * 3 c. cheddar cheese
- * (1) stick of butter
- * (3) 8 oz. 1/3 less fat cream cheese
- * sour cream
- * (1) dozen eggs
- * 4 c. mozzarella cheese

Meat:

- * 3 lbs. of boneless, skinless chicken breasts
- * 4 lbs. of ground beef
- * 8 oz. of bacon or turkey bacon
- * 1 lb. of ground sausage
- * pepperoni
- * 2 lbs. of steak

Frozen:

- * (1) bag of peas
- * (1) bag of broccoli
- * (2) 10 oz. spinach
- * (1) bag of strawberries
- * (1) bag of green beans

Produce:

- * (2) apples
- * 3 pk. of Romaine lettuce
- * 2# carrots
- * (1) bunch of celery
- * (1) bunch of green onions
- * (2) heads of broccoli
- * (1) cucumber (for fresh veg)
- * (4) green bell peppers
- * (5) medium onions
- * (1) jalapeno
- * cilantro
- * (1) lime
- * (1) sm. bag of spinach
- * (1) cubanelle pepper
- * garlic
- * (1) head of cauliflower
- * (1) grapefruit)

Jarred/Canned:

- * (2) quarts of chicken stock
- * (1) 8 oz. can of tomato sauce
- * (2) 10.5 oz. cans of Rotel
- * (1) 24 oz. jar of no sugar added spaghetti sauce
- * (1) can of no sugar added pizza sauce
- * 1 c. beef stock
- * (1) 15 oz. can of kidney beans
- * (1) 15 oz. can of Great Northern beans
- * (2) 14 oz. cans of diced tomatoes

Dry Grocery:

- * cinnamon
- * Caesar dressing (I like Ken's)
- * Light Rye Wasa crackers
- * Dreamfield's Pasta or Not Naughty Noodles (THM)
- * apple cider vinegar
- * sparkling water
- * oyster sauce
- * soy sauce or coconut aminos
- * red pepper flakes
- * no sugar added peanut butter
- * on-plan sweetener
- * vanilla extract
- * gluccie, optional
- * cayenne pepper
- * onion powder
- * garlic powder
- * peanut flour
- * ground ginger
- * (2) packages of low-carb tortillas
- * taco seasoning
- * protein powder
- * lime extract, optional
- * coconut oil
- * 1 c. quinoa, not cooked
- * oregano
- * Sweet & Spicy tea
- * Zevia Ginger Root Beer
- * olive oil
- * cumin
- * chili seasoning
- * 1/2 lb. of green or brown lentils