

Shopping List: 4/11-4/17/16

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Dairy:

- * (1) Vanilla Dannon 000 Yogurt
- * 16 oz. 2% cottage cheese
- * 1/2 gal. unsweetened almond milk
- * heavy cream
- * 2 c. cheddar cheese
- * (1) stick of butter
- * sour cream
- * (4) eggs
- * 2 oz. cream cheese
- * 3 c. mozzarella

Meat:

- * 6 lbs. of boneless, skinless chicken breasts
- * 4 lbs. of ground beef
- * 2 oz. bacon
- * 3 oz. deli ham (I like Hormel Naturals or Never Any! from Aldi)
- * pepperoni

Frozen:

- * (1) bag of broccoli
- * strawberries

Produce:

- * (1) apple
- * 3 pk. Romaine lettuce
- * (2) large zucchini
- * (1) cucumber for fresh veg.
- * 1# carrots
- * (2) bunch of celery
- * (1) lg. spaghetti squash
- * (4) green bell peppers
- * (5) onions
- * garlic
- * (1) lime
- * (1) avocado
- * (2) lemons
- * 1 lb. strawberries
- * (1) green cabbage

Jarred/Canned:

- * no sugar added spaghetti sauce
- * (4) 8oz. cans of tomato sauce
- * mustard
- * mayo
- * (3) quarts chicken stock
- * no sugar added pizza sauce
- * 8 oz. salsa

Grocery:

- * cinnamon
- * Sweet & Spicy tea
- * Ken's Caesar dressing
- * apple cider vinegar
- * sparkling water
- * all natural peanut butter
- * coconut oil
- * sweetener of your choice
- * cocoa powder
- * 85% dark chocolate bar
- * peppermint extract
- * gluccie
- * protein powder
- * onion powder
- * garlic powder
- * cayenne pepper
- * 1 c. brown rice
- * taco seasoning
- * 1/4 c. of old fashioned rolled oats
- * chia seeds
- * 2 lbs. brown lentils
- * liquid or coconut aminos
- * THM Baking Blend
- * baking powder
- * Lemon Lime Zevia
- * almonds
- * vanilla extract
- * chili powder
- * cumin
- * Italian seasoning