

Shopping List: 4/18-4/24/16

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Dairy

- (1) dozen eggs
- 48 oz. container 2% cottage cheese
- 3 c. Mozzarella cheese
- 1/2 gallon unsweetened almond milk
- (1) pint of heavy cream
- 4 c. cheddar cheese
- (2) sticks of butter
- (1) lg. container 0% Plain Greek Yogurt
- Parmesan Cheese (green container is fine)
- feta cheese
- (2) cheese sticks
- 8 oz. 1/3 less fat cream cheese

Meat

- turkey pepperoni
- 3# ground beef
- 2# of chicken
- 1 1/2#. bacon (turkey bacon is fine too)
- 1# ground pork

Produce:

- 2# carrots for fresh veggies and recipes
- (1) bunch of celery
- (2) green bell pepper
- (5) medium onions
- 3 pack of Romaine lettuce
- head of garlic
- (3) cucumbers (for fresh veggies)

(2) green apples

- (1) bunch of green onions
- sm. bag of spinach
- (2) heads of green cabbage (or you can use coleslaw mix)
- (1) red bell pepper
- (2) zucchini
- 1# strawberries
- 1# green beans
- (1) red onion
- (1) lemon
- (5) jalapenos
- (1) head of broccoli

Frozen:

- (1) bag of strawberries
- (1) bag of peas
- (2) 10 oz. frozen spinach
- (1) bag of green beans
- **Canned/Jarred:**
- on-plan pizza sauce
- 3 quarts of chicken stock
- (2) 8 oz. can of tomato sauce
- (1) 10.5 oz. cans of mild tomatoes with diced chilies (i.e. Rotel)
- sm. can of chicken
- Dijon Mustard
- on-plan mayo
- (4) 15 oz. cans of Garbanzo beans

Dry Grocery:

- all-natural no sugar added peanut butter
- THM Gentle Sweet, THM Sweet Blend, stevia, Truvia or xylitol
- protein powder
- olive oil
- Bragg's apple cider vinegar
- sparkling water
- Good Earth Sweet & Spicy Tea
- vanilla extract
- glucomannan or xanthan gum, optional as a thickener for shakes
- coconut oil
- garlic powder
- onion powder
- cumin
- oregano
- cinnamon
- cayenne pepper
- Bragg's liquid aminos or soy sauce
- ground ginger
- chili powder
- dried thyme
- sesame oil
- mint extract
- almonds
- Italian seasoning
- parsley
- 1 c. lentils
- cocoa powder
- 1 t. coconut flour
- peppermint tea
- Cola Zevia
- turmeric
- Cajun seasoning
- white vinegar
- Balsamic vinegar
- paprika
- sunflower seeds
- chives