

Shopping List: 4/25-5/1/16

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Dairy:

- * (1) dozen eggs
- * heavy cream
- * (1) stick of butter
- * large container 0% Plain Greek Yogurt
- * 1/2 gal. unsweetened almond milk
- * 16 oz. 2% cottage cheese
- * (1) wedge of Light Laughing Cow Cheese
- * 3 c. mozzarella cheese
- * parmesan cheese
- * (1) cheese stick
- * sour cream
- * 1 c. cheddar cheese

Meat:

- * 5 lbs. of boneless, skinless chicken breasts
- * 2 lbs. of ground beef
- * pepperoni
- * 1 lb. ground sausage

Frozen:

- * (1) bag of peas
- * (2) bags of cauliflower
- * (1) bag of strawberries
- * (1) bag of okra

Produce:

- * 1 lb. of carrots
- * celery (for fresh veg.)
- * (2) cucumbers (for fresh veg.)
- * (1) head of broccoli
- * (1) red bell pepper
- * garlic
- * (4) onions
- * (1) bunch of cilantro
- * (11) green bell peppers
- * (1) apple
- * 3 pk. Romaine lettuce
- * 1 lb. of strawberries
- * (1) grapefruit
- * (1) bunch of kale

Jarred/Canned:

- * (1) 8 oz. can of tomato sauce
- * (4) quarts chicken stock/broth
- * Sriracha
- * mayo
- * yellow mustard
- * (2) 10.5 oz. cans of Rotel
- * (1) 15 oz. can of corn
- * (2) 15 oz. cans of black beans
- * no-sugar added salsa
- * no-sugar added pizza sauce
- * (1) 4 oz. can of diced chilies
- * (1) 8 oz. can of enchilada sauce

Dry Grocery:

- * coconut oil
- * garlic powder
- * onion powder
- * on-plan sweetener (THM, Truvia, Pyure, etc...)
- * caramel extract
- * no-sugar added peanut butter
- * peanuts
- * 1 c. quinoa
- * soy sauce or liquid aminos
- * red pepper flakes
- * Sweet & Spicy tea
- * apple cider vinegar
- * sparkling water
- * paprika
- * 2 lbs. green or brown lentils
- * cayenne pepper
- * protein powder
- * cumin
- * chili powder
- * 2 2/3 c. brown rice
- * cinnamon
- * olive oil
- * red wine vinegar
- * almonds
- * Bai5 Bubble Grapefruit
- * taco seasoning
- * Black Cherry Zevia
- * vanilla extract