

Shopping List: 5/2-5/8/16

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Dairy:

- *1g. container 0% Plain Greek Yogurt
- *1 wedge of Light Laughing Cow cheese
- *2 c. cheddar cheese
- *24 oz. 2% cottage cheese
- *1/2 gallon unsweetened almond milk
- *heavy cream
- *(2) dozen eggs
- *3 c. mozzarella

Meat:

- *2 lbs. ground beef
- *2 lbs. boneless, skinless chicken breasts
- *3 lb. chuck roast
- *turkey pepperoni
- *8 oz. nitrate free bacon

Frozen:

- *8 oz. cauliflower
- *strawberries

Produce:

- *(3) med. zucchini
- *3 pk Romaine lettuce
- *(2) apples
- *(2) lemons
- *(1) bunch of celery
- *(4) med. onions
- *(4) green bell peppers
- *1 lb. carrots
- *8 oz. baby spinach
- *1 lb. strawberries
- *1 pint blueberries
- *garlic
- *(1) lime

Jarred/Canned:

- *(3) qts. chicken stock
- *sugar-free spaghetti sauce
- *(1) can 4 oz. diced chilies
- *3/4 c. no-sugar added salsa
- *(1) 15 oz. black beans
- *(1) 8 oz. tomato sauce
- *(1) sm. can chipotle chilies in Adobo sauce
- *tomato paste
- *no-sugar added pizza sauce
- *(1) 15 oz. kidney beans
- *(1) 15 oz. Great Northern beans
- *(2) 14 oz. canned diced tomatoes

Dry Grocery:

- *on plan sweetener (THM, Truvia, Pyure, etc...)
- *all natural peanut butter
- *garlic powder
- *onion powder
- *cayenne pepper
- *xanthan gum or gluccie
- *Ranch dressing
- *vanilla extract
- *protein powder
- *almonds
- *crushed red pepper flakes
- *2/3 c. brown rice, not cooked
- *cumin
- *cinnamon
- *apple cider vinegar
- *sparkling water
- *balsamic vinegar
- *Dijon mustard
- *extra virgin olive oil
- *oregano
- *cloves
- *coconut oil
- *Sweet & Spicy tea
- *cocoa powder
- *Honest Fizz pop
- *2 c. air popped popcorn
- *chili seasoning
- *1/2 lb. green lentils