

# Shopping List: 5/9-5/15/16

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## Dairy:

- \*1/2 gal. unsweetened almond milk
- \*heavy cream
- \*16 oz. 2% cottage cheese
- \*(1) doz. eggs
- \*sour cream
- \*1 c. cheddar cheese
- \*1 wedge of Light Laughing Cow cheese
- \*1g. container of 0% Plain Greek Yogurt
- \*Parmesan cheese
- \*3 c. mozzarella

## Meat:

- \*3 lbs. ground beef
- \*2 lbs. lean ground turkey
- \*1 lb. steak

## Frozen:

- \*(1) bag of cauliflower
- \*(1) bag green beans
- \*(1/2) bag of green peas
- \*raspberries

## Produce:

- \*3 pk Romaine lettuce
- \*1 lb. strawberries
- \*(4) medium zucchini
- \*(4) green bell peppers
- \*(5) onions
- \*(1) bunch of celery
- \*garlic
- \*(2) apples
- \*(1) red onion
- \*cucumber
- \*(1) red bell pepper
- \*(3) tomatoes

## Jarred/Canned:

- \*2 c. chicken stock
- \*(1) 24 oz. no-sugar added spaghetti sauce
- \*(1) 15 oz. can of red beans
- \*(4) 15 oz. cans of black beans
- \*(1) can no-sugar added pizza sauce
- \*(1) 32 oz. can whole tomatoes

## Dry Grocery:

- \*all natural peanut butter
- \*protein powder
- \*on-plan sweetener
- \*Ranch dressing
- \*red wine vinegar
- \*peanuts
- \*caramel extract
- \*onion powder
- \*garlic powder
- \*cayenne
- \*85% dark chocolate
- \*mint extract
- \*2 c. brown rice
- \*dried parsley
- \*Cajun seasoning
- \*dried sage
- \*coconut oil
- \*cinnamon
- \*apple cider vinegar
- \*sparkling water
- \*5 1/2 c. quinoa
- \*olive oil
- \*balsamic vinegar
- \*vanilla extract
- \*orange Honest Fizz
- \*almond extract
- \*cocoa powder
- \*taco seasoning
- \*chili powder