

Shopping List: 5/16-5/22/16

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Dairy:

- *unsweetened almond milk
- *32 oz. 2% cottage cheese
- *10 oz. 1/3 Less Fat Cream Cheese
- *3) wedges of Light Laughing Cow Cheese
- *1) dozen eggs
- *3 c. cheddar cheese
- *sm container of egg whites
- *pint of heavy cream
- *1) stick of butter
- *parmesan cheese
- *5 c. mozzarella cheese
- *sour cream
- *3) Vanilla Dannon 000 Greek Yogurt
- *1) cheese stick

Meat:

- *1# ground pork
- *6 oz. deli ham (Hormel Naturals or Aldi Never Any! brand)
- *3# lean ground beef
- *5# chicken
- *8 oz. nitrate free bacon
- *pepperoni

Frozen:

- *strawberries
- *cranberries

Produce:

- *7) onions
- *1) bunch of celery
- *garlic
- *1) lemon
- *1) sm. red onion
- *2# carrots
- *6) medium zucchini
- *small bag of baby spinach
- *large head of green cabbage
- *1) bunch of green onions
- *5) green bell peppers
- *1) cucumber (for fresh veg)
- *2) limes
- *1) bunch of cilantro
- *2) apples
- *5) jalapeno peppers
- *1# strawberries
- *3-pack Romaine lettuce

Jarred/Canned:

- *2) 10.5 oz. cans of Rotel
- *3) 8 oz. cans of tomato sauce
- *1) quart of chicken stock
- *2) cans of chicken breast
- *24 oz. no sugar added spaghetti sauce
- *on-plan pizza sauce
- *3) 15 oz. cans of black beans
- *1) 15 oz. can of kidney beans
- *1) 15 oz. can of corn
- *16 oz. salsa

Dry Grocery:

- *protein powder
- *xanthan gum
- *on-plan sweetener (THM brand, Truvia, stevia, xylitol, etc..)
- *olive oil
- *Italian seasoning
- *red pepper flakes
- *Light Rye Wasa crackers
- *liquid aminos or soy sauce
- *ground ginger
- *sesame oil
- *Good Earth Sweet & Spicy tea
- *cayenne pepper
- *garlic powder
- *onion powder
- *ACV
- *sparkling water
- *caramel extract
- *peanuts
- *no-sugar added peanut butter
- *2 c. brown rice, uncooked
- *taco seasoning
- *cinnamon
- *chili powder
- *oregano
- *cumin
- *vanilla extract
- *orange extract
- *parsley
- *Honest Fizz Root Beer
- *low-carb tortillas
- *almonds

