

Shopping List: 6/6-6/12/16

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Dairy:

- *24 oz. 2 % cottage cheese
- * (1) dozen eggs
- * (1) stick of butter
- * heavy cream
- * 1/2 gallon unsweetened almond milk
- * (1) cheese stick
- * 3 c. mozzarella cheese
- * (2) sm. containers 0% Plain Greek Yogurt
- * 1 c. cheddar cheese
- * sour cream
- * 1 T. 1/3 less fat cream cheese

Meat:

- * 1 lb. lean ground turkey
- * 1.5 lbs. smoked sausage
- * 3 lbs. ground beef
- * pepperoni
- * 1 lb. boneless, skinless chicken breasts

Frozen:

- * strawberries
- * peas

Produce:

- * (2) peaches
- * (2) bananas
- * 1 lb. carrots
- * (1) bunch of celery
- * (1) cucumber
- * (4) onions
- * (4) green bell peppers
- * (1) head of green cabbage
- * garlic
- * (1) lime
- * (2) medium zucchini
- * 3 pk Romaine lettuce
- * (1) red onion
- * (1) lemon

Canned/Jarred:

- * mayo
- * yellow mustard
- * no sugar added salsa
- * (3) 10.5 cans of Rotel
- * (1) 15 oz. can of pinto beans
- * (1) 14 oz. can of corn
- * (2) quarts chicken stock
- * (2) 8 oz. cans of tomato sauce
- * no sugar added spaghetti sauce
- * no sugar added pizza sauce
- * (1) 15 oz. can of kidney beans
- * (1) 15 oz. can of Great Northern beans
- * (2) 14 oz. cans of diced tomatoes
- * Dijon mustard

Dry Grocery:

- * on-plan sweetener
- * protein powder
- * apple cider vinegar
- * sparkling water
- * peanuts
- * caramel extract
- * no sugar added peanut butter
- * 2 c. of brown rice
- * chili powder
- * garlic powder
- * onion powder
- * cumin
- * Sweet & Spicy tea
- * vanilla extract
- * peanut flour
- * taco seasoning
- * coconut oil
- * cocoa powder
- * Ranch dressing
- * almonds
- * Bai Bubbles Grapefruit
- * chili seasoning
- * 1 lb. green or brown lentils
- * thyme
- * parsley
- * extra virgin olive oil