

# Shopping List: 6/13-6/19/16

darciesdish.com

## Dairy:

- \*1g. container 0% plain Greek yogurt
- \*heavy cream
- \*32 oz. 2% cottage cheese
- \*3 c. cheddar cheese
- \*sour cream
- \*(1) stick butter
- \*1 c. parmesan cheese
- \*4 c. mozzarella cheese
- \*(1) dozen eggs
- \*1/2 gal. unsweetened almond milk
- \*(1) string cheese
- \*1/2 & 1/2

## Meat:

- \*4 lbs. boneless, skinless chicken breasts
- \*3 lbs. ground beef
- \*pepperoni
- \*deli ham (Never Any! brand or Hormel Naturals)

## Frozen:

- \*strawberries
- \*cauliflower

## Produce:

- \*1 lb. strawberries
- \*(5) green bell peppers
- \*(8) onions
- \*(1) lime
- \*garlic
- \*3 pk. Romaine lettuce
- \*(1) apple
- \*(1) bunch celery
- \*(1) lg. bag of spinach
- \*(5) med. zucchini
- \*(1) grapefruit
- \*(1) green cabbage
- \*green onions
- \*(1) banana
- \*(1) peach
- \*(1) red bell pepper
- \*1 lb. carrots

## Jarred/Canned:

- \*(2) 8 oz. cans of tomato sauce
- \*3 c. chicken stock
- \*(1) quart beef stock
- \*(1) 15 oz. can of black beans
- \*(1) 15 oz. can of chick peas
- \*(1) 14 oz. can of diced tomatoes
- \*(2) 15 oz. cans of Great Northern beans
- \*pizza sauce

## Dry Grocery:

- \*on-plan sweetener
- \*all natural peanut butter
- \*garlic powder
- \*onion powder
- \*cayenne pepper
- \*apple cider vinegar
- \*sparkling water
- \*olive oil
- \*Worcestershire sauce
- \*cumin
- \*oregano
- \*cinnamon
- \*rosemary
- \*thyme
- \*vanilla extract
- \*Italian seasoning
- \*protein powder
- \*white vinegar
- \*bay leaf
- \*red pepper flakes
- \*Blue Sky Root Beer
- \*cocoa powder
- \*peanut flour
- \*Ranch dressing
- \*paprika