

Shopping List: 6/20-6/26/16

darciesdish.com

Refrigerated

- *1 dozen eggs
- *16 oz. container 1 % cottage cheese
- *2 c. Mozzarella cheese
- *0% Plain Greek Yogurt (lrg. container)
- *heavy cream
- *1 c. cheddar cheese
- *parmesan cheese
- *1/2 gallon unsweetened almond milk
- *sour cream
- *half and half

Meat:

- *turkey pepperoni
- *3# ground beef

- *1# extra-lean ground turkey
- *1# steak

Produce:

- *2# carrots
- *celery
- *(4) green bell peppers
- *(5) medium onions
- *Romaine lettuce
- *head of garlic
- *1# strawberries

- *blueberries
- *(3) medium zucchini
- *green onions
- *(1) lime
- *(1) apple
- *green beans
- *(2) cucumbers
- *(7) tomatoes
- *cilantro
- *(2) jalapenos
- *(2) medium red onions
- *8oz. spinach
- *(1) red bell pepper

Frozen:

- *(1) bag of peas
- *(1) bag of cauliflower

Canned/Jarred:

- *(1) 15 oz. can of red beans
- *(3) 15 oz. cans of black beans
- *(1) 32 oz. can of diced tomatoes
- *1 c. chicken broth
- *on-plan mayo
- *on-plan spaghetti sauce
- *on-plan pizza sauce

Dry Grocery:

- *all-natural no sugar added peanut butter
- *THM Sweet Blend, stevia, Truvia or xylitol
- *protein powder
- *olive oil
- *Bragg's apple cider vinegar
- *sparkling water
- *Black Cherry Zevia Soda
- *Cherry Cola Zevia
- *Good Earth Sweet & Spicy Tea
- *vanilla extract
- *almonds
- *garlic powder
- *onion powder
- *glucomannan or xanthan gum
- *oregano
- *distilled white vinegar
- *red pepper flakes
- *cumin
- *chili powder
- *dried parsley
- *peppermint extract
- *85% dark chocolate bar
- *2 c. brown rice
- *5 1/2 c. quinoa
- *cocoa powder
- *Cajun seasoning
- *sage
- *balsamic vinegar
- *Dijon mustard
- *almond extract