

# Shopping List: 7/18-7/24/16

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## Dairy:

- \* (1) dozen eggs
- \* 24 oz. 1% cottage cheese
- \* (1) stick butter
- \* heavy cream
- \* (1) lg. container 0% Greek Yogurt
- \* 1 c. cheddar cheese
- \* 1/2 gallon unsweetened almond milk
- \* 3 c. mozzarella cheese
- \* feta cheese

## Meat:

- \* 1/2 lb. bacon
- \* 1 lb. ground pork
- \* 2 lbs. ground beef
- \* 5 lbs. boneless, skinless chicken breasts
- \* pepperoni or turkey pepperoni

## Frozen:

- \* peas
- \* broccoli
- \* strawberries

## Produce:

- \* 1 lb. strawberries
- \* (3) apples
- \* (2) lemons
- \* (1) bunch celery
- \* (5) onions
- \* (1) head green cabbage
- \* 1 lb. carrots
- \* (1) head of garlic
- \* (1) bunch green onions
- \* (2) tomatoes
- \* (1) cucumber
- \* parsley
- \* (2) medium zucchini
- \* 3-pack Romaine lettuce
- \* (1) lime
- \* (1) head of broccoli
- \* (2) red bell peppers
- \* (4) green bell peppers

## Canned:

- \* no-sugar added spaghetti sauce
- \* 3 c. beef broth
- \* (1) 8 oz. can of tomato sauce
- \* 2 c. chicken broth
- \* no-sugar added pizza sauce
- \* (1) 4 oz. diced green chilies
- \* no-sugar added salsa
- \* (2) 15 oz. cans of black beans

## Dry Grocery:

- \* coconut oil
- \* cayenne pepper
- \* on-plan sweetener
- \* apple cider vinegar
- \* sparkling water
- \* caramel extract
- \* all natural peanut butter
- \* peanuts
- \* sesame oil
- \* ground ginger
- \* soy sauce or liquid aminos
- \* protein powder, optional
- \* vanilla extract
- \* 1/2 c. quinoa
- \* extra virgin olive oil
- \* Ranch dressing
- \* True Lemon packets
- \* Worcestershire sauce
- \* cumin
- \* oregano
- \* low-carb tortillas
- \* chili powder
- \* onion powder
- \* garlic powder
- \* cinnamon
- \* 1 2/3 c. brown rice
- \* Frank's Red Hot or Sriracha
- \* red pepper flakes
- \* Bai 5 Bubbles
- \* 13.25 oz. Dreamfield's pasta
- \* balsamic vinegar
- \* basil
- \* cocoa powder