

Shopping List: 8/1-8/7/16

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Dairy:

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

Meat:

- *8 oz deli ham (Hormel Naturals or the Never Any! brand from Aldi are good options)
- *2 lbs ground beef
- *1 1/2 lbs smoked sausage
- *2 lbs boneless, skinless chicken breasts
- *pepperoni or turkey pepperoni

Frozen:

- *16 oz. strawberries
- *1 1/2 c. peas

Jarred/Canned:

- *mustard
- *mayo
- *(2) 15 oz. cans pumpkin puree, not pumpkin pie mix
- *(2) 15 oz. cans kidney beans
- *(3) 15 oz. cans black beans
- *(3) 15 oz. cans Great Northern beans
- *(2) quarts chicken broth
- *16 oz. crushed tomatoes
- *8 oz. diced green chilies
- *no sugar added pizza sauce
- *(1) 14 oz. can diced tomatoes

Produce:

- *(1) peach
- *(1) banana
- *3 pk Romaine lettuce
- *(2) cucumbers
- *1 lb carrots
- *(1) head of cauliflower
- *(1) head of broccoli
- *(4) onions
- *(2) red bell peppers
- *1 lb strawberries
- *(1) large head of green cabbage
- *(1) pint blueberries
- *(2) green bell peppers
- *(3) tomatoes
- *(1) zucchini
- *(1) head of garlic
- *sm. bag of spinach

Dry Grocery:

- *whey protein powder, optional
- *on plan sweetener
- *(1) pkg low-carb tortillas
- *almonds
- *apple cider vinegar
- *sparkling water
- *olive oil
- *garlic powder
- *onion powder
- *oregano
- *cumin
- *basil
- *parsley
- *Sweet & Spicy tea
- *sunflower seeds
- *no sugar added peanut butter
- *vanilla extract
- *pumpkin pie spice
- *cinnamon
- *gluconic or xanthan gum, optional
- *Grape Zevia
- *coconut oil
- *almond flour
- *baking powder
- *baking soda
- *1 1/2 c. uncooked quinoa
- *balsamic vinegar
- *Italian seasoning
- *red pepper flakes
- *Ranch dressing