

Shopping List: 8/8-8/14/16

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Dairy:

- *1/2 gal unsweetened almond milk
- *heavy cream
- *(1) dozen eggs
- *3 c. cheddar cheese
- *Parmesan cheese
- *(1) stick butter
- *lg. container of 0% Plain Greek Yogurt
- *16 oz. 1% cottage cheese
- *(1) wedge Light Laughing Cow Cheese
- *(2) 8 oz. 1/3 Less Fat Cream Cheese
- *sour cream
- *(1) string cheese
- *2 c. mozzarella cheese

Frozen:

- *(1) bag of strawberries
- *(1) bag of broccoli

Jarred/Canned:

- *2 quarts chicken stock
- *(1) 4 oz. diced green chilies
- *12 oz. no sugar added salsa
- *(1) 15 oz. black beans
- *(1) 8 oz. tomato sauce
- *(1) 10.5 oz. can of Rotel
- *pizza sauce

Meat:

- *2 lbs steak
- *3 lbs boneless, skinless chicken breasts
- *12 oz. bacon
- *2 lbs. ground beef
- *turkey pepperoni

Produce:

- *3 pk Romaine lettuce
- *1 lb. brussel sprouts
- *1 lb. carrots
- *(2) cucumbers (for salads)
- *(2) lg. zucchini
- *(1) sm. red onion
- *1 lb. strawberries
- *(5) yellow onions
- *(2) green bell peppers
- *garlic
- *2" piece of ginger
- *(1) head of broccoli
- *(1) pint blueberries
- *green onions
- *(1) apple
- *celery
- *(5) jalapenos

Dry Grocery:

- *no sugar added peanut butter
- *protein powder, optional
- *on plan sweetener
- *Ranch dressing
- *almonds
- *apple cider vinegar
- *sparkling water
- *garlic salt
- *olive oil
- *Sweet & Spicy tea
- *2/3 c. brown rice
- *cumin
- *cayenne pepper
- *liquid aminos
- *quinoa
- *chili powder
- *oregano
- *cinnamon
- *(2) Black Cherry Zevia
- *taco seasoning