

# Shopping List: 8/22-8/28/16

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## Dairy:

- \* (1) dozen eggs
- \* heavy cream
- \* (1) stick of butter
- \* (1) lg. container 0% Plain Greek Yogurt
- \* sour cream
- \* 2 c. cheddar cheese
- \* 16 oz. 1% cottage cheese
- \* 3 c. mozzarella cheese
- \* (2) wedges Lite Laughing Cow cheese

## Meat:

- \* 2 lbs. lean ground turkey
- \* 1 lb. ground pork
- \* 2 lbs. ground beef
- \* pepperoni

## Frozen:

- \* (1) bag of cauliflower
- \* (1) bag of strawberries
- \* (1) bag of broccoli
- \* (1/2) bag of peas
- \* (1/2) bag of bell peppers

## Produce:

- \* 1 lb. strawberries
- \* (7) onions
- \* (6) green bell peppers
- \* (1) head green cabbage
- \* garlic
- \* (1) bunch green onions
- \* 3-pack Romaine lettuce
- \* (1) apple
- \* (2) medium zucchini
- \* 1 lb. carrots
- \* small bag of spinach

## Jarred/Canned:

- \* (1) 8 oz. can tomato sauce
- \* (3) qts. chicken stock
- \* (3) 10.5 oz cans of Rotel
- \* (1) 15 oz. can of Pinto beans
- \* (1) 14 oz. can of corn
- \* (1) 15 oz. can of kidney beans
- \* (3) 15 oz. cans of Great Northern beans
- \* (3) 14 oz. cans of diced tomatoes
- \* (3) 15 oz. cans of black beans
- \* 16 oz. salsa
- \* (1) can of diced chicken breast
- \* pizza sauce
- \* (1) 4 oz. can of green diced chilies

## Dry Grocery:

- \* coconut oil
- \* Sweet & Spicy tea, optional
- \* on plan sweetener
- \* cayenne pepper
- \* caramel extract
- \* peanut butter
- \* peanuts
- \* 5 c. cooked brown rice
- \* chili powder
- \* garlic powder
- \* cumin
- \* apple cider vinegar
- \* sparkling water
- \* sesame oil
- \* ground ginger
- \* Liquid Aminos or soy sauce
- \* chili seasoning
- \* 1/2 lb. green or brown lentils
- \* taco seasoning
- \* cinnamon
- \* Italian seasoning
- \* bay leaf
- \* red pepper flakes
- \* Ranch dressing
- \* onion powder
- \* 85% dark chocolate
- \* vanilla extract