

Shopping List: 8/29-9/4/16

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Dairy:

- *24 oz. 1 % cottage cheese
- *heavy cream
- *1/2 gal. unsweetened almond milk
- *1 dozen eggs
- *2 c. cheddar cheese
- *sour cream
- *1 stick of butter
- *1 8 oz. 1/3 less fat cream cheese
- *6 T. parmesan cheese
- *3 c. mozzarella cheese
- *1 carton egg whites
- *1g. container 0% Plain Greek Yogurt
- *4 c. Mexican Blend cheese

Frozen:

- *1 bag of strawberries
- *1 bag of broccoli
- *1 bag of green beans

Meat:

- *2 lb. steak
- *2 lb. boneless, skinless chicken breasts
- *2 lb. ground beef
- *1.5 lb. chicken thighs
- *pepperoni

Produce:

- *3 limes
- *1 lb. carrots
- *2 cucumbers
- *garlic
- *3 pk Romaine lettuce heads
- *7 tomatoes
- *6 onions
- *1 bunch cilantro
- *2 jalapenos
- *4 bell peppers
- *1 lb strawberries
- *1 lemon
- *1 lg. zucchini
- *1 banana
- *1 peach
- *1 apple

Jarred/Canned:

- *mayo
- *mustard
- *2 c. beef stock
- *2 15 oz. black beans
- *3 14 oz. diced tomatoes
- *3 quarts chicken stock
- *1 can chicken breasts
- *spaghetti sauce
- *pizza sauce
- *56 oz. roasted & peeled green chilies
- *4 oz. diced green chilies
- *1 15 oz. kidney beans
- *1 15 oz. Great Northern beans

Dry Grocery:

- *on plan sweetener
- *protein powder
- *gluccie or xantan gum, optional
- *apple cider vinegar
- *sparkling water
- *olive oil
- *Worcestershire sauce
- *cumin
- *oregano
- *1 3/4 c. quinoa, not cooked
- *chili seasoning
- *all-natural peanut butter
- *vanilla extract
- *almonds
- *Ranch dressing
- *Sweet & Spicy tea
- *creole seasoning
- *cocoa powder
- *coconut oil
- *peppermint tea
- *peppermint extract
- *THM Baking Blend
- *onion powder
- *Italian seasoning
- *Blue Sky Free Cherry Vanilla
- *cinnamon
- *chili powder
- *1/2 lb. dried lentils