

Shopping List: 9/5-9/11/16

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Dairy:

- * (2) dozen eggs
- * (1) stick of butter
- * 3 c. cheddar cheese
- * (3) wedges of Light Laughing Cow Cheese
- * heavy cream
- * sour cream
- * large container 0% Plain Greek Yogurt
- * 32 oz. 2% cottage cheese
- * 4 c. mozzarella cheese
- * Parmesan cheese
- * 1/2 gal. unsweetened almond milk

Meat:

- * 1 lb. boneless, skinless chicken breasts
- * (1) 3 lb. boneless chuck roast
- * 4 lbs. ground beef
- * 2 lbs. ground sausage
- * pepperoni
- * 12 oz. bacon

Frozen:

- * (2) 16 oz. bags of cauliflower
- * (1) bag of broccoli
- * (1) bag of peas
- * (1) bag of green beans
- * (1) bag of okra
- * (1) bag of strawberries

Produce:

- * 1 lb. strawberries
- * 24 oz. spinach
- * (1) pint blueberries
- * (2) red bell peppers
- * garlic
- * (2) apples
- * (5) onions
- * (1 or 2) tomatoes
- * (2) limes
- * 6 pk. Romaine hearts
- * (1) head green cabbage
- * (3) green bell peppers
- * celery
- * 1 lb. carrots
- * (1) medium zucchini
- * (1) bunch of kale
- * (2) lemons

Canned/Jarred:

- * (3) quarts chicken stock
- * (2) 15 oz. cans black beans
- * (1) sm. can of chipotle peppers in Adobo sauce
- * (4) 6 oz. tomato pastes
- * (1) 8 oz. tomato sauce
- * pizza sauce

Dry Grocery:

- * almonds
- * balsamic vinegar
- * Dijon mustard
- * on plan sweetener
- * extra virgin olive oil
- * onion powder
- * garlic powder
- * cayenne pepper
- * caramel extract
- * peanut butter
- * peanuts
- * apple cider vinegar
- * sparkling water
- * 1 c. brown rice, not cooked
- * coconut oil
- * soy sauce or Liquid Aminos
- * sriracha
- * red pepper flakes
- * THM Baking Blend
- * old fashioned rolled oats
- * unsweetened apple sauce
- * baking powder
- * cinnamon
- * 1 3/4 c. quinoa, not cooked
- * cumin
- * oregano
- * dried cloves
- * Sweet & Spicy tea
- * Italian seasoning
- * basil
- * Ranch dressing
- * Bai5 Bubbles
- * vanilla extract