

Shopping List: 9/12-9/18/16

darciesdish.com

Dairy:

- * (1) dozen eggs
- * (2) Dannon 000 yogurts
- * heavy cream
- * (3) cheese sticks
- * 1/2 gal unsweetened almond milk
- * 32 oz. 2 % cottage cheese
- * (1) stick of butter
- * Parmesan cheese
- * 5 c. mozzarella cheese
- * (1) sm. 0% Plain Greek Yogurt

Meat:

- * 2 lb. lean ground turkey
- * 4 oz. deli turkey
- * 4 lbs. boneless, skinless chicken breasts
- * 2 lbs. ground beef
- * pepperoni
- * 2 lbs. steak

Canned/Jarred:

- * (3) 8 oz. tomato sauce
- * (3) 10.5 oz Rotel
- * (1) 15 oz. Pinto beans
- * (1) can of corn
- * mustard
- * (1) quart chicken stock
- * (1) 15 oz. kidney beans
- * (1) 15 oz. Great Northern beans
- * (2) 14 oz. diced tomatoes
- * pizza sauce

Produce:

- * 1 lb. carrots
- * (1) cucumber
- * (6) onions
- * (6) green bell peppers
- * 3 pk Romaine hearts
- * (1) apple
- * (1) banana
- * (1) peach
- * garlic
- * 1g. bag of baby spinach
- * (1) pint blueberries
- * (2) lemons
- * (1) lime
- * 1 lb. strawberries
- * (2) tomatoes
- * parsley

Frozen:

- * strawberries
- * 16 oz. broccoli

Dry Grocery:

- * Sweet & Spicy tea
- * garlic powder
- * onion powder
- * apple cider vinegar
- * sparkling water
- * almonds
- * 2 c. brown rice
- * chili powder
- * cumin
- * cayenne pepper
- * protein powder
- * peanut butter
- * cocoa powder
- * vanilla extract
- * on plan sweetener
- * low carb tortillas
- * thyme
- * rosemary
- * oregano
- * red wine vinegar
- * extra virgin olive oil
- * chili seasoning
- * 1/2 lb brown or green lentils
- * taco seasoning
- * coconut oil
- * Ranch dressing
- * Bai Costa Rica Clementine
- * 3 c. quinoa
- * Dreamfield's pasta
- * soy sauce or liquid aminos
- * rice vinegar
- * sesame oil
- * Sriracha
- * red pepper flakes