

# Shopping List: 9/19-9/25/16

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## **Dairy:**

- \* (1) Dannon 000 Greek Yogurt
- \* (1) stick of butter
- \* heavy cream
- \* 2 c. cheddar cheese
- \* sour cream
- \* (1) dozen eggs
- \* 1/2 gal unsweetened almond milk
- \* 1g. container 0% Plain Greek Yogurt
- \* 16 oz. 2% cottage cheese
- \* 3 c. mozzarella
- \* Parmesan cheese
- \* (1) cheese stick

## **Meat:**

- \* 4 lbs. ground beef
- \* 2 1/2 lbs. boneless, skinless chicken breasts
- \* 2 oz. bacon
- \* 1 lb. ground pork
- \* pepperoni

## **Frozen:**

- \* broccoli
- \* peas
- \* strawberries
- \* green beans

## **Produce:**

- \* (2) apples
- \* 3 pack Romaine hearts
- \* 1 lb. strawberries
- \* 1 lb. carrots
- \* (1) red bell pepper
- \* garlic
- \* cucumber
- \* (2) green bell peppers
- \* (3) onions
- \* (1) lime
- \* (1) head green cabbage
- \* (1) bunch green onions
- \* (1) peach
- \* (1) banana

## **Canned/Jarred:**

- \* no sugar added salsa
- \* (2) quarts chicken broth
- \* Frank's Red Hot Sauce
- \* (3) 8 oz. tomato sauce
- \* pizza sauce
- \* (2) cans black beans
- \* (1) can of diced tomatoes

## **Dry Grocery:**

- \* cinnamon
- \* on plan sweetener
- \* caramel extract
- \* peanut butter
- \* peanuts
- \* apple cider vinegar
- \* sparkling water
- \* Harney & Son Hot Cinnamon Tea
- \* 3 c. brown rice, uncooked
- \* coconut oil
- \* soy sauce or Bragg's Aminos
- \* red pepper flakes
- \* vanilla extract
- \* Ranch dressing
- \* taco seasoning
- \* sesame oil
- \* ground ginger
- \* onion powder
- \* garlic powder
- \* protein powder
- \* almonds
- \* chili seasoning
- \* 1 c. quinoa