

Shopping List: 9/26-10/2/16

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Dairy:

- * (2) Dannon 000 Vanilla Greek Yogurts
- * (1) dozen eggs
- * 1 c. cheddar cheese
- * 1/2 gal unsweetened almond milk
- * heavy cream
- * (1) stick butter
- * (3) cheese sticks
- * 16 oz. 2% cottage cheese
- * 4 c. mozzarella
- * egg whites (from carton)
- * 8 oz. cream cheese

Meat:

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

Frozen:

- * peas
- * strawberries
- * (2) 16 oz. bags of cauliflower

Jarred/Canned:

- * (1) quart vegetable broth
- * (3) 14 oz. cans diced tomatoes
- * (2) 15 oz. cans Great Northern beans
- * on plan spaghetti sauce
- * (1) 4 oz. can diced green chilies
- * (2) 12 oz. jars on plan salsa
- * (3) 15 oz. cans black beans
- * pizza sauce
- * (1) quart chicken stock
- * (1) can Rotel

Produce:

- * (2) apples
- * 3 pk Romaine lettuce
- * 1 lb strawberries
- * (1) head green cabbage
- * 1 lb. carrots
- * (6) onions
- * garlic
- * (1) bunch green onions
- * (2) med. or large zucchini
- * small bag of spinach
- * (1) sm. red onion
- * (1) lemon
- * (1) grapefruit
- * (4) green bell peppers
- * (6) jalapenos
- * (2) red bell peppers

Dry Grocery:

- * cinnamon
- * Ranch dressing
- * protein powder, optional
- * peanut butter
- * cocoa powder
- * vanilla extract
- * on plan sweetener
- * soy sauce or coconut aminos
- * sesame oil
- * ground ginger
- * Hot Cinnamon Spice tea
- * almonds
- * Italian seasoning
- * bay leaf
- * red pepper flakes
- * coconut oil
- * green or brown lentils
- * thyme
- * parsley
- * Dijon mustard
- * extra virgin olive oil
- * apple cider vinegar
- * sparkling water
- * 1 2/3 c. brown rice
- * cumin
- * cayenne pepper
- * Bai5 Bubbles
- * chili powder