

# Shopping List: 10/3-10/9/16

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## Dairy:

- \* (2) Dannon 000 Vanilla Greek Yogurts
- \* (2) 24 oz. 2% cottage cheese
- \* 1/2 gal. unsweetened almond milk
- \* heavy cream
- \* (1) dozen eggs
- \* (1) stick butter
- \* 2 c. cheddar cheese
- \* 5 c. mozzarella
- \* Parmesan cheese

## Meat:

- \* deli ham (I like Never Any! brand from Aldi or Hormel Naturals)
- \* 4 lbs. ground beef
- \* 1 lb. Italian sausage
- \* pepperoni
- \* 1 lb. boneless, skinless chicken breasts

## Frozen:

- \* strawberries
- \* broccoli

## Produce:

- \* (2) apples
- \* (1) 3 pk. Romaine lettuce
- \* (3) onions
- \* 1 lb. carrots
- \* celery
- \* (1) cucumber (for fresh veg)
- \* garlic
- \* (1) bunch kale
- \* 1 lb. strawberries
- \* (2) lemons
- \* (1) head green cabbage
- \* (2) green bell peppers
- \* 1g. tub of spinach

## Jarred/Canned:

- \* mustard
- \* mayo
- \* (1) quart vegetable stock
- \* (2) 15 oz. cans Great Northern beans
- \* (2) 8 oz. tomato sauce
- \* (3) 6 oz. tomato paste
- \* pizza sauce

## Dry Grocery:

- \* cinnamon
- \* low carb wraps
- \* apple cider vinegar
- \* sparkling water
- \* on plan sweetener
- \* peanut butter
- \* protein powder, optional
- \* vanilla extract
- \* olive oil
- \* 1/2 c. quinoa, dry
- \* rosemary
- \* Italian seasoning
- \* onion powder
- \* garlic powder
- \* red wine vinegar
- \* Sweet & Spicy tea
- \* taco seasoning
- \* chili powder
- \* cumin
- \* oregano
- \* Ranch dressing
- \* basil
- \* Blue Sky Root Beer
- \* almonds