

Shopping List: 10/17-10/23/16

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Dairy:

- * (2) Dannon 000 Vanilla Greek Yogurts
- * (1) dozen eggs
- * 2 c. cheddar cheese
- * heavy cream
- * (1) stick butter
- * sour cream
- * 3 c. mozzarella cheese
- * 24 oz. 1 or 2% cottage cheese

Meat:

- * 2 lbs. ground beef
- * 4 lbs. boneless, skinless chicken breasts
- * 4 oz. deli ham
- * pepperoni
- * ground sausage

Produce:

- * (2) apples
- * 3 pack Romaine hearts
- * cilantro
- * 1 lb strawberries
- * 1 lb carrots
- * (1) red bell pepper
- * garlic
- * (3) onions
- * (2) green bell peppers
- * (1) head of cauliflower
- * (1) head of broccoli
- * (1) peach
- * (1) banana

Frozen:

- * broccoli (for stir-fry)
- * peas
- * green beans
- * strawberries

Jarred/Canned:

- * salsa
- * (1) 8 oz can of tomato sauce
- * (3) quarts chicken stock
- * (1) can of Rotel
- * (1) can of corn
- * (3) cans of black beans
- * mayo
- * mustard
- * (3) 14 oz. cans of diced tomatoes
- * pizza sauce
- * (1) can of kidney beans
- * (1) can of Great Northern beans

Dry Grocery:

- * cinnamon
- * Ranch dressing
- * caramel extract
- * on plan sweetener
- * peanuts
- * all-natural peanut butter
- * cocoa powder
- * taco seasoning
- * vanilla extract
- * protein powder, optional
- * onion powder
- * garlic powder
- * cayenne pepper, optional
- * apple cider vinegar
- * sparkling water
- * paprika
- * cumin
- * chili powder
- * 2 1/2 c. cooked brown rice
- * soy sauce or liquid aminos
- * red pepper flakes
- * 1 c. quinoa
- * chili seasoning
- * coconut oil
- * almonds
- * Sweet & Spicy tea
- * Grape Zevia
- * 1/2 lb. green or brown lentils