

# Shopping List: 10/31-11/6/16

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## Dairy:

- \* (1) dozen eggs
- \* 1 c. egg whites
- \* 2 c. cheddar cheese
- \* (1) stick butter
- \* sour cream
- \* (3) Dannon 000 Vanilla Greek Yogurt
- \* unsweetened almond milk
- \* 16 oz. 2% cottage cheese
- \* 3 c. mozzarella cheese

## Meat:

- \* 10 oz deli ham
- \* 3 lb. chuck roast
- \* 3 lbs. bonless, skinless chicken breasts
- \* 2 lbs. ground beef
- \* pepperoni
- \* 1 1/2 lb. smoked sausage

## Frozen:

- \* green beans

## Jarred/Canned:

- \* (2) cans black beans
- \* canned pumpkin
- \* tomato paste
- \* 16 oz. salsa
- \* chipotle chilies in Adobo sauce

- \* 2 qt. veggie stock
- \* (1) 4 oz. can diced green chilies
- \* 24 oz. spaghetti sauce
- \* 2 qt. chicken stock
- \* (1) 8 oz. tomato sauce
- \* (2) cans of kidney beans
- \* (2) cans of Great Northern beans
- \* (1) can diced tomatoes
- \* pizza sauce
- \* mayo
- \* mustard

## Produce:

- \* (4) onions
- \* (3) green bell peppers
- \* (1) bunch of green onions
- \* (1) tomato
- \* (1) bunch of parsley
- \* (1) lemon
- \* garlic
- \* (1) lime
- \* 3 pk Romaine lettuce
- \* 1 lb. carrots
- \* (3) apples
- \* (3) large zucchini
- \* (1) bunch of celery
- \* 4 oz. baby spinach
- \* 1 lb. strawberries
- \* large head of green cabbage

## Dry Grocery:

- \* peppermint tea
- \* vanilla extract
- \* peppermint extract
- \* xanthan gum or gluccie
- \* on plan sweetener
- \* 1 1/2 c. quinoa
- \* 2 c. almond flour
- \* baking powder
- \* baking soda
- \* cinnamon
- \* apple cider vinegar
- \* sparkling water
- \* olive oil
- \* cumin
- \* oregano
- \* cloves
- \* 1 2/3 c. brown rice
- \* cayenne pepper
- \* Sweet & Spicy tea
- \* Ranch dressing
- \* peanut butter
- \* protein powder, optional
- \* basil
- \* thyme
- \* Mt. Zevia
- \* bay leaf
- \* low carb tortilla
- \* onion powder
- \* garlic powder