

# Shopping List: 11/28-12/4/16

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## Dairy:

- \* (2) Dannon 000 Greek Yogurt
- \* heavy cream
- \* (2) cheese sticks
- \* (1) dozen eggs
- \* (1) stick of butter
- \* 1/2 gal. unsweetened almond milk
- \* 16 oz. 2% cottage cheese
- \* 1 c. cheddar cheese
- \* 4 c. mozzarella cheese
- \* (2) wedges Light Laughing Cow Cheese
- \* 4 oz. cream cheese
- \* 1/2 c. blue cheese crumbles
- \* 1 c. plain 0% Greek Yogurt

## Meat:

- \* 2 lbs. ground beef
- \* 5 lbs. boneless, skinless chicken breasts
- \* pepperoni
- \* 1 lb. ground pork

## Frozen:

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

## Produce:

- \* (4) apples
- \* 3 pk Romaine lettuce
- \* 1 lb. carrots
- \* celery (for salad)
- \* (6) onions
- \* (3) green bell peppers
- \* garlic
- \* 1 lb. strawberries
- \* (2) red bell peppers
- \* (1) jalapeno pepper
- \* (1) tomato
- \* (2) lg. zucchini
- \* (1) grapefruit
- \* (1) head green cabbage
- \* (1) bunch green onions

## Jarred/Canned:

- \* (2) 8 oz. tomato sauce
- \* spaghetti sauce
- \* (1) qt. chicken stock
- \* (1) 15 oz. kidney beans
- \* (1) 15 oz. Great Northern beans
- \* (2) 14 oz. diced tomatoes
- \* 1.5 c. vegetable stock
- \* (1) 4 oz. diced green chilies
- \* 12 oz. salsa
- \* (1) 15 oz. black beans
- \* pizza sauce

## Dry Grocery:

- \* cinnamon
- \* garlic powder
- \* onion powder
- \* Ranch dressing
- \* peanut butter
- \* protein powder, optional
- \* on plan sweetener
- \* vanilla extract
- \* apple cider vinegar
- \* sparkling water
- \* Dreamfield's pasta
- \* cocoa powder
- \* coconut oil
- \* almonds
- \* chili seasoning
- \* 1/2 lb. lentils
- \* Sweet & Spicy tea
- \* (3) chicken bouillon cubes
- \* xanthan gum or gluccie
- \* paprika
- \* 1 2/3 c. uncooked brown rice
- \* cumin
- \* Bai5 Bubbles
- \* Light Rye Wasa Crackers
- \* liquid aminos
- \* ground ginger
- \* sesame oil
- \* Frank's Red Hot Sauce