

# Shopping List: 1/30-2/5/17

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## Dairy:

- \*unsweetened almond milk
- \*24 oz. 2% cottage cheese
- \*(2) dozen eggs
- \*5 c. cheddar cheese
- \*8 oz. 1/3 Less fat cream cheese
- \*14 oz. 1% cottage cheese
- \*4 c. mozzarella cheese
- \*Parmesan cheese
- \*1 c. egg whites
- \*heavy cream
- \*(2) Dannon 000 Vanilla yogurts

## Meat:

- \*5 lbs. ground beef
- \*6 oz. deli ham (I like the Hormel Naturals brand or the Never Any! brand from Aldi)
- \*pepperoni
- \*1.5 lbs boneless, skinless chicken breasts

## Frozen:

- \*strawberries
- \*broccoli
- \*(2) 10 oz frozen spinach

## Produce:

- \*(1) peach
- \*(1) banana
- \*3 pk. Romaine lettuce
- \*(3) apples
- \*(5) onions
- \*(4) green bell peppers
- \*celery
- \*1 lb. carrots
- \*(1) bunch green onions
- \*guacamole
- \*1 lb. strawberries
- \*garlic
- \*(1) lime

## Canned/Jarred:

- \*24 oz. spaghetti sauce
- \*no sugar added salsa
- \*(3) 8 oz cans tomato sauce
- \*(3) quarts chicken stock
- \*(1) 15 oz kidney beans
- \*(1) 15 oz Great Northern beans
- \*(2) 14 oz diced tomatoes
- \*pizza sauce

## Dry Grocery:

- \*vanilla extract
- \*protein powder, optional
- \*on plan sweetener
- \*Ranch dressing
- \*oregano
- \*onion powder
- \*garlic powder
- \*cayenne pepper
- \*apple cider vinegar
- \*sparkling water
- \*Sweet & Spicy tea
- \*Grape Zevia
- \*low-carb tortillas
- \*peanut butter
- \*cocoa powder
- \*brown rice
- \*taco seasoning
- \*chili seasoning
- \*1/2 lb brown lentils
- \*cinnamon
- \*old fashioned oats
- \*almonds
- \*bay leaf
- \*parsley