

Shopping List: 2/6-2/12/17

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Dairy:

- * (2) Dannon 000 Vanilla yogurt
- * (2) dozen eggs
- * 5 c. cheddar cheese
- * unsweetened almond milk
- * 24 oz. 2% cottage cheese
- * (2) wedges Light Laughing Cow Cheese
- * heavy cream
- * 3 c. mozzarella

Meat:

- * 8 oz. deli ham
- * 1 lb. ground pork
- * 5 lbs. boneless, skinless chicken breasts
- * 2 lbs. ground beef
- * pepperoni
- * 8 oz. bacon

Frozen:

- * strawberries
- * peas

Produce:

- * (3) apples
- * 3 pk Romaine Lettuce
- * (5) onions
- * 1 lb. carrots
- * (3) med to large zucchini
- * garlic
- * small bag of baby spinach
- * 1 lb. strawberries
- * (1) cucumber (fresh veggies)
- * (1) head of green cabbage
- * green onions
- * (7) bell peppers
- * (2) lemons
- * (1) head broccoli
- * (1) small red onion

Canned/Jarred:

- * 3 c. chicken broth
- * (1) 14 oz diced tomatoes
- * (2) 15 oz Great Northern beans
- * mustard
- * mayo
- * 32 oz tomato sauce
- * spaghetti sauce
- * pizza sauce
- * sriracha
- * dijon mustard

Dry Grocery:

- * cinnamon
- * Ranch dressing
- * peanut butter
- * protein powder, optional
- * cocoa powder
- * coconut oil
- * apple cider vinegar
- * sparkling water
- * on plan sweetener
- * extra virgin olive oil
- * Italian seasoning
- * bay leaf
- * red pepper flakes
- * vanilla extract
- * mint extract
- * 85% dark chocolate bar
- * low-carb tortillas
- * Light Rye Wasa Crackers
- * sesame oil
- * ground ginger
- * liquid aminos
- * chili powder
- * onion powder
- * garlic powder
- * cumin
- * oregano
- * cayenne pepper
- * almonds
- * Zevia
- * Sweet & Spicy tea
- * 1 c. brown rice
- * 1 c. lentils
- * thyme
- * parsley