

Shopping List: 2/20-2/26/17

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Dairy:

- * (2) Dannon 000 Vanilla Yogurt
- * (1) dozen eggs
- * 3 c. cheddar cheese
- * 32 oz. 2% cottage cheese
- * unsweetened almond milk
- * heavy cream
- * (2) sm. container 0% Plain Greek Yogurt
- * sour cream
- * (1) cheese stick
- * 5 c. mozzarella cheese
- * 3/4 c. Parmesan cheese

Meat:

- * 6 oz. deli ham
- * 2 lbs. ground sausage
- * 3 lbs. ground beef
- * 3 lb. chuck roast
- * 2 1/2 lbs. boneless skinless chicken breasts
- * pepperoni

Frozen:

- * strawberries
- * 16 oz. okra
- * (2) 12 oz. cauliflower
- * cranberries

Produce:

- * (2) apples
- * lettuce
- * (1) peach
- * (1) banana
- * (5) onions
- * kale
- * 1 lb. strawberries
- * (1) green cabbage
- * (3) green bell peppers
- * green onions
- * garlic
- * (2) limes
- * blueberries
- * 16 oz. bag of spinach

Canned/Jarred:

- * mayo
- * mustard
- * (3) quarts chicken stock
- * (3) 8 oz. tomato sauce
- * salsa
- * (2) 15 oz. black beans
- * (1) 14 oz. diced tomato
- * pizza sauce
- * 24 oz. spaghetti sauce

Dry Grocery:

- * cinnamon
- * apple cider vinegar
- * sparkling water
- * Ranch dressing
- * protein powder, optional
- * on plan sweetener
- * Italian seasoning
- * coconut oil
- * peanut butter
- * low carb tortillas
- * chipotle chilies in Adobo sauce
- * cumin
- * oregano
- * cloves
- * 1 c. quinoa
- * chili seasoning
- * peppermint extract
- * 85% dark chocolate
- * almonds
- * basil
- * orange extract
- * garlic powder
- * thyme
- * taco seasoning
- * 1 c. brown rice