

Shopping List: 3/20-3/26-17

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Dairy:

- * (2) Vanilla 000 yogurts
- * (1) dozen eggs
- * sour cream
- * 1 c. cheddar cheese
- * unsweetened almond mil
- * 24 oz 2% cottage cheese
- * heavy cream
- * 3 c. mozzarella cheese

Meat:

- * 3 lb chuck roast
- * 3 lbs boneless, skinless chicken breasts
- * 2 lbs ground beef
- * pepperoni
- * deli ham

Frozen:

- * strawberries
- * peas
- * broccoli

Produce:

- * (2) apples
- * 3 pk Romaine lettuce
- * (1) lime
- * green onions

- * strawberries
- * (1) spaghetti squash
- * (1) banana
- * (1) peach
- * (2) onions
- * (1) green bell pepper
- * (2) red bell peppers
- * garlic
- * 1 lb. carrots
- * (1) cucumber (fresh veggies)
- * (1) zucchini

Jarred/Canned:

- * 6 oz. tomato paste
- * no sugar added salsa
- * (2) 15 oz. black beans
- * (1) 14 oz. diced tomatoes
- * (2) quarts chicken stock
- * spaghetti sauce
- * (1) 8 oz. tomato sauce
- * pizza sauce
- * Sriracha
- * mustard
- * mayo
- * (2) quarts beef broth

Grocery:

- * cinnamon
- * apple cider vinegar
- * sparkling water
- * sweetener
- * Ranch dressing
- * cocoa powder
- * peanut butter
- * coconut oil
- * vanilla extract
- * olive oil
- * Chilies in Adobo sauce
- * cumin
- * oregano
- * cloves
- * mint extract
- * protein powder, optional
- * 85% dark chocolate
- * quinoa
- * chili seasoning
- * onion powder
- * garlic powder
- * cayenne pepper
- * Caesar dressing
- * brown rice
- * liquid aminos or soy sauce
- * red pepper flakes
- * low-carb tortillas
- * chili powder
- * tumeric
- * 1 lb brown lentils
- * curry powder