

Shopping List: 4/17-4/23/17

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Dairy:

- *unsweetened almond milk
- *heavy cream
- *24 oz. 2% cottage cheese
- *2 wedges Light Laughing Cow Cheese
- *3 c. cheddar cheese
- *2 dozen eggs
- *sour cream
- *Parmesan cheese
- *1g. container 0% Greek Yogurt
- *4 c. mozzarella cheese
- *half and half
- *Feta cheese

Meat:

- *3 lbs. ground beef
- *2 lbs. steak
- *2 oz. deli turkey
- *1.5 lbs. boneless, skinless chicken breasts
- *pepperoni
- *12 oz. bacon

Frozen:

- *cauliflower
- *strawberries
- *green beans
- *broccoli

Produce:

- *3 pk Romaine lettuce
- *6 onions
- *1 zucchini
- *celery
- *garlic
- *1 lb. carrots
- *parsley
- *sm. bag of baby spinach
- *5 green bell peppers
- *2 apples
- *2 lemons
- *grape tomatoes
- *1 cucumber
- *1 bunch of asparagus
- *1 lb. strawberries
- *1 tomato
- *1 head green cabbage
- *1 head purple cabbage

Canned/Jarred:

- *2 qts. chicken stock
- *1 qt. vegetable stock
- *3 15 oz. kidney beans
- *3 15 oz. Great Northern beans
- *3 14 oz. diced tomatoes
- *12 oz. jar salsa
- *1 c. beef broth
- *1 8 oz. tomato sauce
- *mustard
- *1 4 oz. diced green chilies
- *1 15 oz. black beans
- *pizza sauce
- *mayo

Dry Grocery:

- *no sugar added peanut butter
- *protein powder, optional
- *on plan sweetener
- *onion powder
- *garlic powder
- *cayenne pepper
- *olive oil
- *red wine vinegar
- *2 boxes Dreamfields pasta (1 box for pasta salad, 1/2 c. for Minestrone soup)
- *oregano
- *basil
- *thyme
- *apple cider vinegar
- *sparkling water
- *peppermint tea
- *coconut oil
- *taco seasoning
- *85% dark chocolate
- *mint extract
- *almonds
- *liquid aminos or soy sauce
- *red pepper flakes
- *ground ginger
- *cumin
- *Cinnamon Spice tea
- *Wasa crackers
- *2/3 c. brown rice, uncooked
- *vanilla extract
- *cinnamon
- *Zevia soda
- *balsamic vinegar
- *chili seasoning
- *1/2 lb. brown or green lentils