

Shopping List: 5/22-5/28/17

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Dairy:

- * (2) dozen eggs
- * (1) stick of butter
- * 4 c. cheddar cheese
- * 24 oz. 1% cottage cheese
- * sour cream
- * 1g. 0% plain Greek Yogurt
- * heavy cream
- * Parmesan cheese
- * 5 c. mozzarella cheese
- * unsweetened almond milk

Meat:

- * 4 lbs. boneless, skinless chicken breasts
- * 4 lbs. ground beef
- * pepperoni
- * 8 oz. bacon
- * 2 lbs. steak

Frozen:

- * strawberries
- * peas
- * (2) 16 oz. broccoli
- * green beans

Produce:

- * 1 lb. strawberries
- * 3 pk Romaine hearts
- * (1) red bell pepper
- * garlic
- * (4) onions
- * small bag of spinach
- * (3) avocados
- * (1) lime
- * (3) green bell peppers
- * (1) bunch celery
- * 1 lb. carrots
- * (1) bunch cilantro
- * (1) medium zucchini
- * (1) head of cauliflower
- * (1) head of broccoli
- * (1) lemon

Canned/Jarred:

- * (1) 8 oz. tomato sauce
- * (3) quarts chicken broth
- * sriracha
- * (2) 15 oz. black beans
- * (2) 15 oz. pinto beans
- * (1) Rotel
- * (1) 4 oz. diced chilies
- * pizza sauce
- * mayo
- * 1 c. beef broth

Dry Grocery:

- * Ranch dressing
- * on plan sweetener
- * chili powder
- * onion powder
- * garlic powder
- * cumin
- * oregano
- * taco seasoning
- * apple cider vinegar
- * sparkling water
- * peanut butter
- * coconut oil
- * 1 c. quinoa
- * liquid aminos or soy sauce
- * red pepper flakes
- * almonds
- * rosemary
- * thyme
- * Lawry's seasoning salt
- * red wine vinegar
- * olive oil
- * Zevia
- * cayenne pepper
- * vanilla extract
- * protein powder, optional
- * ground ginger
- * cinnamon