

Shopping List: 6/5-6/11/17

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Dairy:

- * (1) dozen eggs
- * (1) stick of butter
- * 24 oz. 2% cottage cheese
- * 2 c. cheddar cheese
- * (2) 8 oz cream cheese
- * 8 oz sour cream
- * Parmesan cheese
- * 4 c. mozzarella cheese
- * (3) 000 Greek Yogurt
- * unsweetened almond milk
- * heavy cream

Canned/Jarred:

- * (2) 8 oz tomato sauce
- * mayo
- * (2) 14 oz diced tomatoes
- * (1) 15 oz pinto beans
- * (1) 14 oz corn
- * pizza sauce
- * 1 c. chicken broth
- * (1) 15 oz black beans
- * Dijon mustard
- * (1) qt vegetable stock
- * (2) 15 oz Great Northern beans

Produce:

- * 1 lb strawberries
- * 3 pk Romaine lettuce
- * (3) green bell peppers
- * (3) onions
- * (1) zucchini
- * (1) bunch broccoli
- * (1) apple
- * (3) jalapenos
- * raspberries
- * (1) cucumber (for fresh veg)
- * 1 lb carrots
- * (1) peach
- * (1) banana
- * (1) avocado
- * (1) sm red onion
- * (1) lemon
- * celery
- * garlic
- * (1) bunch kale

Frozen:

- * strawberries
- * 10 oz. spinach
- * seasoning blend
- * peas

Meat:

- * 5 lbs boneless, skinless chicken breasts
- * 2 lbs ground beef
- * 8 oz bacon
- * 2 lbs lean ground turkey

Dry Grocery:

- * Ranch dressing
- * apple cider vinegar
- * sparkling water
- * on plan sweetener
- * taco seasoning
- * chili powder
- * onion powder
- * garlic powder
- * cumin
- * oregano
- * dried minced onion
- * Sweet & Spicy tea
- * almonds
- * 2 c. cooked brown rice
- * cinnamon
- * peanut butter
- * cocoa powder
- * protein powder, optional
- * vanilla extract
- * coconut oil
- * Bai Bubbles
- * cayenne pepper
- * 1 c. brown or green lentils
- * thyme
- * parsley
- * olive oil
- * 1/2 c. quinoa
- * rosemary
- * Italian seasoning
- * red wine vinegar