

# Shopping List: 6/19-6/25/17

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## Dairy:

- \*24 oz. 2% cottage cheese
- \*heavy cream
- \*unsweetened almond milk
- \*(1) dozen eggs
- \*2 c. cheddar cheese
- \*(1) Dannon 000 yogurt
- \*sour cream
- \*(2) sm. 0% Plain Greek Yogurt
- \*3 c. mozzarella cheese
- \*parmesan

## Meat:

- \*1 lb. ground pork
- \*2 lbs. ground beef
- \*4 lbs boneless skinless chicken breasts
- \*2 lbs flank steak

## Canned/Jarred:

- \*(2) 8 oz tomato sauce
- \*(3) quarts chicken broth
- \*salsa
- \*pizza sauce
- \*2 quarts beef broth
- \*4 oz diced chilies
- \*(1) 15 oz black beans

## Produce:

- \*3 pk. Romaine lettuce
- \*2 lbs strawberries
- \*(1) head of green cabbage
- \*(7) onions
- \*1 lb carrots
- \*(1) bunch green onions
- \*blueberries
- \*(2) apples
- \*(1) lemon
- \*(1) bunch celery
- \*(1) red bell pepper
- \*garlic
- \*(1) zucchini
- \*(1) cucumber
- \*sm bag of spinach
- \*(9) green bell peppers

## Frozen:

- \*strawberries
- \*broccoli

## Dry Grocery:

- \*peanut butter
- \*protein powder, optional
- \*on plan sweetener
- \*vanilla extract
- \*Ranch dressing
- \*almonds
- \*apple cider vinegar
- \*sparkling water
- \*sesame oil
- \*ground ginger
- \*Bragg's liquid aminos
- \*Sweet & Spicy tea
- \*onion powder
- \*garlic powder
- \*cayenne pepper
- \*taco seasoning
- \*(2) Cherry Zevia
- \*red pepper flakes
- \*cumin
- \*chili powder
- \*curry powder
- \*turmeric
- \*1 lb brown lentils
- \*quinoa
- \*85% dark chocolate bar
- \*mint extract
- \*oregano
- \*Worcestershire sauce
- \*extra virgin olive oil
- \*brown rice