

Shopping List: 9/4-910/17

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Dairy:

- * (1) dozen eggs
- * 1 c. egg whites
- * 3 c. cheddar cheese
- * heavy cream
- * (2) 8 oz. 1/3 less fat cream cheese
- * (2) Vanilla 000 yogurts
- * (1) stick of butter
- * 16 oz. 1 or 2% cottage cheese
- * unsweetened almond milk
- * 3 c. mozzarella cheese
- * sour cream

Meat:

- * 6 oz. deli ham
- * 3 lbs boneless, skinless chicken breasts
- * 3 lbs. lean ground beef
- * 1 1/2 lb. smoked sausage
- * pepperoni
- * 2 lbs. ground sausage

Frozen:

- * 1/2 bag peas
- * strawberries
- * (2) bags of cauliflower
- * 2 c. okra

Canned/Jarred:

- * (3) 8 oz. tomato sauce
- * 3 quarts chicken broth
- * (1) 15 oz. kidney beans
- * (1) 15 oz. Great Northern beans
- * (2) 14 oz. diced tomatoes
- * pizza sauce
- * salsa

Produce:

- * 1 lb. strawberries
- * (5) onions
- * celery
- * (4) green bell peppers
- * (2) bunches of broccoli
- * 3 pack Romaine lettuce
- * garlic
- * (1) red bell pepper
- * (3) apples
- * 1/2 lb green beans
- * (1) lg. green cabbage
- * (1) peach
- * (1) banana
- * (1) lemon
- * carrots
- * (1) bunch of kale

Dry Grocery:

- * Sweet & Spicy tea
- * cayenne pepper
- * apple cider vinegar
- * sparkling water
- * on plan sweetener
- * 85% dark chocolate bar
- * vanilla extract
- * peanut butter
- * 2 c. uncooked brown rice
- * Cesar dressing
- * taco seasoning
- * olive oil
- * chili seasoning
- * coconut oil
- * 1/2 lb. green or brown lentils
- * 1 c . uncooked quinoa
- * Bragg's liquid aminos
- * Sriracha
- * red pepper flakes
- * cinnamon
- * onion powder
- * garlic powder
- * almonds (small amount)
- * Grapefruit Zevia
- * peppermint extract