

Shopping List: 9/18-9/24/17

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Dairy:

- * (1) dozen eggs
- * (1) lg. container 0% Greek Yogurt
- * (1) cheese stick
- * 4 c. cheddar cheese
- * 1/2 gallon unsweetened almond milk
- * 16 oz. 2% cottage cheese
- * heavy cream
- * (1) stick butter
- * sour cream
- * 1 c. egg whites
- * 3 c. mozzarella cheese
- * (1) 000 vanilla yogurt

Meat:

- * 4 lbs. boneless skinless chicken breasts
- * 6 oz. bacon
- * 4 lbs. ground beef
- * pepperoni
- * 3 lbs. ground sausage

Frozen:

- * (4) 12 oz. bags of riced cauliflower
- * broccoli
- * strawberries
- * (1) 10 oz. box of spinach

Produce:

- * 1 lb. strawberries
- * 1 c. green cabbage
- * (2) apples
- * (4) onions
- * (4) green bell peppers
- * celery
- * garlic
- * (2) 3 pk. Romaine Lettuce
- * 1 lb. carrots (for fresh veg and salad)
- * cucumber (for fresh veg and salad)
- * (1) lime
- * (1) banana
- * (1) peach

Jarred/Canned:

- * (1) 8 oz. can of chicken
- * mayo
- * (3) quarts chicken broth
- * unsweetened applesauce
- * (4) 15 oz. green beans
- * (1) 15 oz. tomato sauce
- * Frank's Red Hot Sauce
- * pizza sauce

Dry Grocery:

- * apple cider vinegar
- * sparkling water
- * on plan sweetener
- * almonds
- * onion powder
- * garlic powder
- * onion flakes
- * dried parsley
- * apple pie spice
- * 1 1/2 c. old fashioned oats
- * peanut butter
- * vanilla extract
- * 1 c. brown rice, not cooked
- * taco seasoning
- * Ranch dressing
- * oregano
- * red pepper flakes
- * mint extract
- * 85% dark chocolate
- * Zevia