

# Shopping List: 10/23-10/29/17

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## Dairy:

- \* (1) dozen eggs
- \* Parmesan cheese (green can)
- \* 3 c. cheddar cheese
- \* sour cream
- \* 24 oz. 2% cottage cheese
- \* 16 oz. 1% cottage cheese
- \* (1) stick of butter
- \* 8 oz. less fat cream cheese
- \* heavy cream
- \* unsweetened almond milk
- \* 5 c. mozzarella cheese
- \* (1) 000 Vanilla yogurt
- \* sliced cheese (whatever flavor you like, I'm using Pepperjack)

## Meat:

- \* 6 oz. natural deli ham
- \* 3 lbs. ground beef
- \* 4 boneless, skinless chicken breasts
- \* pepperoni

## Frozen:

- \* strawberries
- \* blueberries

## Produce:

- \* 1 lb. strawberries
- \* 1 lb. carrots
- \* celery
- \* (7) yellow onions
- \* (4) green bell peppers
- \* garlic
- \* 3 pack Romaine Hearts
- \* (2) lemons
- \* (1) lime
- \* 1g. bag of baby spinach
- \* (2) med. zucchini
- \* (2) apples

## Canned/Jarred:

- \* no sugar-added salsa
- \* (3) quarts chicken broth
- \* (1) 15 oz. kidney beans
- \* (3) 15 oz. Great Northern beans
- \* (3) 14 oz. diced tomatoes
- \* (2) pizza sauce
- \* mustard
- \* mayo
- \* (1) 10.5 oz Rotel
- \* 4 c. pinto beans (dry) or about 3 cans of cooked pinto beans

## Dry Grocery:

- \* cooking spray
- \* Sweet & Spicy tea
- \* low-carb tortilla
- \* on-plan sweetener
- \* vanilla extract
- \* apple cider vinegar
- \* sparkling water
- \* chili seasoning
- \* 1/2 lb. green or brown lentils
- \* chili powder
- \* onion powder
- \* garlic powder
- \* natural peanut butter
- \* protein powder, optional
- \* rosemary
- \* thyme
- \* cinnamon
- \* cocoa powder
- \* coconut oil
- \* bay leaf
- \* 1 1/2 c. uncooked brown rice
- \* dried parsley
- \* Old Fashioned oats
- \* Ranch dressing
- \* almonds
- \* gluccie, optional
- \* Italian seasoning
- \* red pepper flakes
- \* Black Cherry Zevia
- \* olive oil
- \* paprika