

Shopping List 11/27-12/3/17

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Dairy:

- * (1) doz. Eggs
- * heavy cream
- * 24 oz. 2% cottage cheese
- * unsweetened almond milk
- * sour cream
- * 3 c. cheddar cheese
- * (1) stick butter
- * carton of egg whites
- * 4 oz. 1/3 less fat cream cheese

Meat:

- * 2 lbs. Sausage
- * 4 lbs. Ground beef
- * 5 lbs. Boneless, skinless chicken breasts
- * pepperoni

Frozen:

- * (1) 10 oz. box of spinach
- * broccoli
- * peas
- * 12 oz. Riced cauliflower
- * strawberries
- * okra

Produce:

- * 3 pk of Romaine lettuce
- * (2) apples
- * 3 heads of garlic
- * celery
- * 1 lb. Carrots
- * green onions
- * (1) peach
- * (1) banana
- * (2) onions
- * (2) green peppers
- * (1) large spaghetti squash

Canned/Jarred:

- * (2) quarts chicken broth
- * (3) 14 oz. cans of pizza sauce
- * (2) 8 oz. cans of tomato sauce

Dry Grocery:

- * (1) pack low-carb tortilla shells
- * onion powder
- * garlic powder
- * red pepper flakes
- * gluccie or xanthan gum, optional
- * peppermint extract
- * on-plan sweetener
- * apple cider vinegar
- * sparkling water
- * 85% dark chocolate
- * vanilla extract
- * taco seasoning
- * old-fashioned oats
- * cinnamon
- * 3 c. of brown rice (raw)
- * (4) peppermint tea bags
- * almonds
- * olive oil
- * dried parsley
- * peanut butter
- * sesame oil
- * soy sauce
- * Ranch dressing
- * basil
- * oregano
- * cayenne pepper
- * chili powder
- * cumin