

Shopping List: 12/4-12/10/17 darciesdish.com

<p><u>Dairy:</u> *unsweetened almond milk *2% cottage cheese *(1) dozen eggs *(2) cheese sticks *sour cream *1 c. cheddar cheese *heavy cream *(1) stick of butter *small container 0% Plain Greek Yogurt *1 c. egg whites *(1) vanilla 000 yogurt *8oz 1/3 less fat cream cheese</p> <p><u>Meat:</u> *sausage links (Al Fresco brand is good) *6 lbs. Boneless, skinless chicken breasts *1 lb. Ground turkey (or VERY lean ground beef rinsed) *deli ham *1 lb. Ground sausage *pepperoni *8oz bacon</p> <p><u>Frozen:</u> *strawberries *peaches *green beans *(2) riced cauliflower</p>	<p><u>Produce:</u> *(1) banana *garlic *3 pack Romaine lettuce *(1) lime *(1) lb. Carrots *celery *(7) onions *(1) small zucchini *4 c. baby spinach *(4) green peppers *(1) head green cabbage *(1) apple *1 lb strawberries *(5) jalapeno peppers</p> <p><u>Canned/Jarred:</u> *tomato paste *chipotle peppers in Adobo sauce *mayo *mustard *Sriracha *(2) quarts vegetable broth *(2) 15oz cans of kidney beans *(2) 15oz cans of Great Northern beans *(3) 14oz cans of diced tomatoes *(2) 15oz cans of pinto beans *(1) 14oz can of corn *unsweetened applesauce *pizza sauce *4 oz diced green chilies *(2) 15oz cans of black beans *salsa</p>	<p><u>Dry Grocery:</u> *vanilla extract *on plan sweetener *apple cider vinegar *sparkling water *peanuts *cumin *oregano *cloves *olive oil *protein powder *peanut butter *cocoa powder *onion powder *paprika *caramel extract *parsley *basil *thyme *4 c. cooked brown rice *chili powder *garlic powder *cayenne pepper *soy sauce *ground ginger *rice vinegar *coconut oil *apple pie spice *old-fashioned oats *low-carb tortilla *Black Cherry Zevia *cinnamon *Ranch dressing</p>
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