

# Shopping List

1/15-1/21/18

<p><b><u>Dairy:</u></b> *(1) 1g container Vanilla 000 yogurt *(1) dozen eggs *3 c. cheddar cheese *(1) stick butter *1g container of heavy cream *1/2 gallon unsweetened almond milk *1g. Container 0% Plain Greek Yogurt *4 oz. 1/3 less fat cream cheese *(2) wedges Light Laughing Cow Cheese</p> <p><b><u>Meat:</u></b> *1 lb. Ground sausage *1 lb. Ground turkey *4 lbs. Ground beef *pepperoni</p> <p><b><u>Frozen:</u></b> *16 oz bag of cauliflower</p> <p><b><u>Produce:</u></b> *(2) apples *3 pk lettuce *celery *(5) yellow onions</p>	<p><b><u>Produce cont...:</u></b> *(1) bunch kale *1 lb. carrots *(2) cucumbers (for salad and fresh veg) *garlic *(2) green bell peppers *(2) medium zucchini *(1) clementine *small bag of spinach</p> <p><b><u>Canned/Jarred:</u></b> *(3) quarts chicken broth *(1) 8 oz tomato sauce *(4) 15 oz cans pinto beans *salsa *(4) 14 oz diced tomatoes *(1) 15 oz can of corn *(1) 15 oz can kidney beans *(3) 15 oz cans of Great Northern beans *(2) cans of pizza sauce *Sriracha *(1) 24 oz jar of spaghetti sauce</p>	<p><b><u>Dry Grocery:</u></b> *cinnamon *apple cider vinegar *on plan sweetener *sparkling water *Ranch dressing (I use Ken's) *no sugar added peanut butter *onion powder *garlic powder *red pepper flakes *unsweetened applesauce *apple pie spice *old fashioned oats *cayenne pepper, optional *olive oil *paprika *chili powder *cumin *chili seasoning *cocoa powder *protein powder, optional *vanilla extract *1 c. cooked brown rice *low-carb tortillas *1/2 lb green lentils *(1) can of Zevia, optional *Italian seasoning *bay leaf *peppermint tea, optional</p>
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