

Shopping List: 4/9-4/14/18

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<p><u>Dairy:</u> *(1) dozen eggs *1 c. cheddar cheese *heavy cream *large container of 0% Plain Greek Yogurt *sour cream *1/2 gallon unsweetened almond milk *16 oz 2% cottage cheese *3 c. mozzarella cheese *(2) 8 oz 1/3 LF cream cheese</p> <p><u>Meat:</u> *6 oz deli ham (I like the Never Any! Brand from Aldi) *2 lbs ground beef *3 lbs boneless skinless chicken breasts *3 lb chuck roast *pepperoni *12 oz bacon (turkey or reg.) *2 lbs ground turkey</p> <p><u>Frozen:</u> *(1) bag of peas *(2) bags of broccoli *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *3 pk Romaine lettuce *(2) apples *(1) head of broccoli *(1) red bell pepper *garlic *(1) banana *(3) onions *1 lb carrots *(2) medium zucchini *small bag of baby spinach *1" cube of ginger *green onions *(2) green bell peppers *1 lb strawberries *cucumber</p> <p><u>Canned/Jarred:</u> *(3) quarts chicken broth *(1) 8 oz tomato sauce *Frank's Red Hot Sauce *(3) 14 oz diced tomatoes *(3) 15 oz Great Norther beans *pizza sauce *(1) 10.5 oz Rotel *(2) 15 oz pinto beans *salsa</p>	<p><u>Dry Grocery:</u> *apple cider vinegar *sparkling water *Super Sweet Blend (or other on-plan sweetener) *garlic powder *onion powder *cayenne pepper *all-natural peanut butter *taco seasoning *cocoa powder *coconut oil *cinnamon *1 c. brown rice (not cooked) *soy sauce *red pepper flakes *protein powder *vanilla extract *Italian seasoning *bay leaf *85% dark chocolate *peppermint extract *rice vinegar *toasted sesame oil *sesame seeds. *chili powder *cumin *oregano *almonds or peanuts *parsley</p>
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