

Shopping List 6/18-6/24/18

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Dairy:

- *1 dozen eggs
- *2 c. cheddar cheese
- *sour cream
- *1/2 gallon unsweetened almond milk
- *1 stick of butter
- *heavy cream
- *32 oz. 2% cottage cheese
- *1 c. Parmesan cheese
- *4 c. mozzarella cheese
- *2 sm. 0% Plain Greek Yogurt
- *1 oz. Cream cheese

Meat:

- *6 oz. Deli ham (I like Hormel Naturals or Never Any! Brand from Aldi)
- *3 lb. Ground beef
- *2 lb. Ground turkey
- *5 lb. Boneless Skinless Chicken Breasts
- *pepperoni

Frozen:

- *peas
- *strawberries

Produce:

- *1 lb strawberries
- *1 lb carrots
- *2 small red onions
- *1 lemon
- *1 bunch of celery
- *3 pk. Romaine lettuce
- *4 medium zucchini
- *1 banana
- *1 peach
- *5 onions
- *3 green bell peppers
- *1 head of iceberg lettuce
- *garlic
- *1 bunch green onions
- *1 bunch of cilantro
- *large bag of baby spinach

Canned/Jarred:

- *no sugar added salsa
- *24 oz Spaghetti sauce
- *1 quart of chicken stock
- *1 8 oz tomato sauce
- *3 10 oz Rotel
- *1 15 oz pinto beans
- *1 15 oz corn
- *hot sauce
- *pizza sauce
- *1 14 oz diced tomatoes
- *2 15 oz Great Northern beans

Dry Grocery:

- *apple cider vinegar
- *sparkling water
- *on plan sweetener
- *1 c. brown or green lentils, dry
- *thyme
- *dried parsley
- *Dijon mustard
- *olive oil (extra virgin if preferred)
- *all natural peanut butter
- *taco seasoning
- *coconut oil
- *cocoa powder
- *protein powder
- *caramel extract
- *peanuts
- *Ranch dressing
- *vanilla extract
- *garlic powder
- *onion powder
- *2 c. brown rice, not cooked
- *chili powder
- *cumin
- *cayenne pepper
- *lemon pepper seasoning
- *red pepper flakes
- *dried ginger
- *white vinegar
- *liquid aminos (or soy sauce)
- *rosemary
- *oregano
- *bay leaf
- *Bai Bubbles Black Cherry
- *cinnamon
- *xanthan gum or gluccie, opt.
- *Italian seasoning