

# Shopping List 7/23-7/29/18

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<p><b><u>Dairy:</u></b> *1/2 gal unsweetened almond milk *16 oz. 2% cottage cheese *(1) dozen eggs *1g container 0% Plain Greek Yogurt *4 c. cheddar cheese *24 oz. sour cream *(1) cheese stick *4 c. mozzarella cheese *Feta cheese *Parmesan cheese</p> <p><b><u>Meat:</u></b> *3 lbs boneless, skinless chicken breasts *3 lbs ground beef *pepperoni *2 lbs boneless, skinless chicken thighs</p> <p><b><u>Frozen:</u></b> *broccoli *peas *strawberries</p>	<p><b><u>Produce:</u></b> *(5) green bell peppers *(1) bunch of celery *(1) cucumber (for fresh veg) *1 lb strawberries *(1) red bell pepper *garlic *(1) peach *(1) banana *3 pk. Romaine lettuce *(5) onions *1 lb carrots *(2) med-large zucchini *small bag of spinach *(1) apple *head of green cabbage *(1) tomato</p> <p><b><u>Canned/Jarred:</u></b> *mustard *mayo *(1) quart chicken broth *16 oz salsa *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *(2) 15 oz green beans *16 oz salsa verde *(1) 8 oz tomato sauce *pizza sauce *24 oz spaghetti sauce *2 c vegetable stock *(1) 4 oz diced green chilies *(2) 15 oz black beans</p>	<p><b><u>Dry Grocery:</u></b> *peanut butter *protein powder *vanilla extract *on-plan sweetener *cocoa powder *almonds *1 2/3 c. brown rice, raw *liquid aminos *Sriracha *garlic powder *red pepper flakes *apple cider vinegar *sparkling water *taco seasoning *coconut oil *olive oil *Italian seasoning *bay leaf *onion powder *chili powder *cumin *cinnamon *Ranch dressing *Zevia *12 oz Dreamfields pasta, any cut is fine *balsamic vinegar *basil *oregano *cayenne pepper</p>
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