

Shopping List: 8/13-8/19/18

darciesdish.com

<p><u>Dairy:</u> *24 oz. 2% cottage cheese *heavy cream *1/2 gal unsweetened almond milk *(1) dozen eggs *1 c. cheddar cheese *sour cream *(1) stick of butter *(2) 8 oz 1/3 less fat cream cheese *large container 0% Plain Greek Yogurt *3 c. mozzarella cheese *4 c. Mexican cheese blend</p> <p><u>Meat:</u> *2 lb steak *2 lb boneless, skinless chicken breasts *1 lb bacon *5 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag strawberries *(1) bag broccoli</p>	<p><u>Produce:</u> *(1) lime *(1) cucumber (for fresh veg) *(5) green bell peppers *garlic *3 pack Romaine lettuce *(3) onions *1 lb strawberries *(1) tomato *parsley *(1) lemon *(2) apples *(1) large zucchini *(1) banana *(1) peach</p> <p><u>Canned/Jarred:</u> *mayo *mustard *2 c. beef broth *(1) can diced chicken *spaghetti sauce *(4) 14 oz diced tomatoes *(1) 8 oz tomato sauce *pizza sauce *56 oz can roasted and peeled whole green chiles *(1) 4 oz diced green chiles *(1) quart chicken broth *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans</p>	<p><u>Dry Grocery:</u> *on plan sweetener *protein powder *xanthan gum, optional *apple cider vinegar *sparkling water *liquid aminos or soy sauce *ground ginger *cumin *Sweet & Spicy tea *dried parsley *onion powder *garlic powder *red pepper flakes *no sugar added peanut butter *vanilla extract *1/2 c. quinoa, not cooked *extra virgin olive oil *cinnamon *Ranch dressing *coconut oil *paprika *Worcestershire sauce *cayenne pepper *cocoa powder *peppermint tea *peppermint extract *Bai Bubbles *chili powder *chili seasoning *1/2 lb dry lentils</p>
---	--	---