

Shopping List: 9/24-9/30/18

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Dairy:

- * (1) dozen eggs
- * 1 c. egg whites
- * 2 c. cheddar cheese
- * heavy cream
- * (3) 8 oz. Blocks of 1/3 less fat cream cheese
- * (1) small 0% Plain Greek yogurt
- * sour cream
- * (2) vanilla 000 yogurts
- * (1) stick of butter
- * 16 oz 2% cottage cheese
- * 1/2 gal unsweetened almond milk
- * 3 c. mozzarella cheese

Meat:

- * 6 oz deli ham (Hormel Naturals is a good brand, or Never Any! From Aldi)
- * 1 lb bacon
- * 4 lbs boneless skinless chicken breasts
- * 2 lbs ground beef
- * 1.5 lbs smoked sausage
- * 1 lb ground sausage
- * pepperoni

Frozen:

- * 1/2 bag of peas
- * strawberries
- * (1) bag of cauliflower
- * okra

Produce:

- * (4) onions
- * (3) green bell peppers
- * green onions
- * garlic
- * Romaine lettuce
- * (3) heads of broccoli
- * (1) red bell pepper
- * (3) apples
- * large head of green cabbage
- * (1) peach
- * (1) banana
- * (1) lemon
- * celery
- * small bag of kale or spinach
- * (1) head of cauliflower

Canned/Jarred:

- * (1) 8 oz tomato sauce
- * (3) quarts of chicken broth
- * salsa
- * (1) 15 oz kidney bean
- * (1) 15 oz Great Northern bean
- * (2) 14 oz diced tomatoes
- * pizza sauce
- * (2) cans of green beans

Dry Grocery:

- * cayenne pepper, optional
- * on plan sweetener
- * apple cider vinegar
- * sparkling water
- * vanilla extract
- * 85% dark chocolate
- * peanut butter
- * dried parsley
- * onion powder
- * garlic powder
- * red pepper flakes
- * taco seasoning
- * chili seasoning
- * 1/2 lb of green or brown lentils
- * 1 c. uncooked brown rice
- * soy sauce
- * Sriracha
- * cinnamon
- * almonds
- * peppermint extract