

Shopping List: 10/1-10/7/18

darciesdish.com

<p><u>Dairy:</u> *(1) dozen eggs *heavy cream *2 c. Cheddar cheese *sour cream *24 oz 2% cottage cheese *unsweetened almond milk *(2) 8 oz 1/3 less fat cream cheese blocks *14 oz 1% cottage cheese *4 c. mozzarella cheese *Parmesan cheese *(3) sm Dannon 000 yogurt *egg whites</p> <p><u>Meat:</u> *(1) package sausage links *6 lbs ground beef *3 lbs boneless skinless chicken breasts *8 oz bacon *pepperoni</p> <p><u>Frozen:</u> *strawberries *(2) 10 oz spinach *(1) bag of peas *12-16 oz cauliflower rice</p>	<p><u>Produce:</u> *3 pk Romaine lettuce *(1) banana *(1) peach *(3) apples *(3) green bell peppers *(3) onions *garlic *(1) lime *carrots *(1) sm red onion *(1) lemon *celery *(5) jalapenos *(1) bunch of green onions</p> <p><u>Canned/Jarred:</u> *(5) 8 oz tomato sauce *(1) quart chicken broth *(2) 24 oz spaghetti sauce *Dijon mustard (1) 10 oz Rotel *salsa *pizza sauce *toasted sesame oil</p>	<p><u>Dry Grocery:</u> *on plan sweetener *apple cider vinegar *sparkling water *cayenne pepper *low-carb tortillas *chili powder *onion powder *garlic powder *cumin *oregano *red pepper flakes *vanilla extract *peanut butter *cocoa powder *cinnamon *taco seasoning *3 c brown rice, not cooked *1/2 c brown or green lentils *thyme *parsley *olive oil *Ranch dressing *soy sauce</p>
---	--	--