

Shopping List: 10/8-10/14/18

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<p><u>Dairy:</u> *(1) dozen eggs *(3) Dannon 000 vanilla yogurts *heavy cream *2 oz. Cheddar cheese *(1) stick of butter *unsweetened almond milk *Parmesan cheese *32 oz 2% cottage cheese *6 c. mozzarella cheese</p> <p><u>Meat:</u> *(1) package sausage links *4 lbs ground beef *6 lbs chicken breasts *pepperoni</p> <p><u>Frozen:</u> *broccoli *peas *okra</p>	<p><u>Produce:</u> *celery *(2) large zucchini *(3) apples *(4) onions *(3) green bell peppers *garlic *bag of spinach *(1) red bell pepper *3 pk Romaine lettuce *head of green cabbage *cilantro *(1) avocado</p> <p><u>Canned/Jarred:</u> *spaghetti sauce *(1) 8 oz tomato sauce *(2) quarts chicken broth *(1) 14 oz kidney beans *(1) 14 oz Great Northern beans *(4) 14 oz diced tomatoes *pizza sauce</p>	<p><u>Dry Grocery:</u> *peanut butter *apple cider vinegar *sparkling water *on plan sweetener *cinnamon *cayenne pepper *peanuts *olive oil *chili seasoning *1/2 lb brown or green lentils *vanilla extract *rosemary *thyme *garlic powder *oregano *cocoa powder *brown rice *soy sauce or liquid aminos *Sriracha *red pepper flakes *Ranch dressing *onion powder *paprika *Worcestershire sauce *85% dark chocolate *mint extract *peanut flour *sesame oil *rice vinegar *ground ginger *slivered almonds *sesame seeds</p>
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