

Shopping List: 10/22-10/28/18

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<p><u>Dairy:</u> *16 oz 2% cottage cheese *unsweetened almond milk *large container heavy whipping cream *(2) cheese sticks *(3) Dannon Vanilla 000 yogurt *(1) dozen eggs *(1) stick of butter *small container of 0% Plain Greek yogurt *3 c. mozzarella cheese</p> <p><u>Meat:</u> *3 lbs boneless, skinless chicken breasts *3 lbs ground beef *1 lb bacon *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u> *(2) bags of broccoli (for stir-fry and steamed on the side) *peas *strawberries *(2) bags of riced cauliflower *10 oz frozen spinach</p>	<p><u>Produce:</u> *celery *(1) red bell pepper *garlic *(3) apples *3 pk Romaine lettuce *(1) cucumber (for fresh veg) *(4) green bell peppers *(1) medium zucchini *(1) banana *(1) peach *(3) onions *(1) lime *4 c. broccoli</p> <p><u>Canned/Jarred:</u> *4 quarts chicken broth *(3) 8 oz tomato sauce *24 oz spaghetti sauce *mayo *1/4 c. black beans, cooked *salsa *pizza sauce</p>	<p><u>Dry Grocery:</u> *85% dark chocolate *mint extract *on-plan sweetener *vanilla extract *peanut butter *apple cider vinegar *sparkling water *2 1/4 c. brown rice, not cooked *soy sauce *Sriracha *red pepper flakes *cinnamon *Ranch dressing *cayenne pepper *onion powder *garlic powder *onion flakes *dried parsley *taco seasoning *cocoa powder *caramel extract *xanthan gum or gluccie, opt. *Zevia pop, opt.</p>
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