

Shopping List 10/29-11/4/18

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<p><u>Dairy:</u> *almond milk *heavy cream *24 oz 2% cottage cheese *(3) cheese sticks *(1) dozen eggs *(1) 8 oz 1/3 less fat cream cheese *sour cream *4 c. mozzarella cheese *(3) Dannon Vanilla 000 yogurt *1 c. cheddar cheese *Parmesan cheese *1 ½ c. egg whites</p> <p><u>Meat:</u> *sausage links *3 lbs ground beef *pepperoni *2 lbs lean ground turkey. *1.5 lbs boneless skinless chicken breasts</p> <p><u>Frozen:</u> *(1) bag of broccoli *(1) bag of peas *(1) riced cauliflower</p>	<p><u>Produce:</u> *(5) green bell peppers *(5) onions *(3) apples *3 pk Romaine lettuce *strawberries *1 lb carrots *(1) zucchini *garlic *small bag of spinach *green onions</p> <p><u>Canned/Jarred:</u> *(1) 8 oz tomato sauce *(2) quarts chicken broth *(1) 8 oz mushrooms *1 c. beef broth *(3) 14 oz diced tomatoes *(3) 15 oz Great Northern beans *salsa *pizza sauce *(1) 15 oz kidney beans *(3) 10.5 diced tomatoes with green chiles *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *no sugar added peanut butter *on plan sweetener *vanilla extract *cayenne pepper *garlic powder *sparkling water *apple cider vinegar *protein powder, optional *caramel extract, optional *cocoa powder *Sweet & Spicy tea, optional *Zevia pop, optional *Ranch dressing *Italian seasoning *bay leaf *red pepper flakes *almonds *taco seasoning *chili seasoning *1/2 lb green or brown lentils *6 c. COOKED brown rice *chili powder *cumin *sesame oil *soy sauce</p>
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