

Shopping List: 11/5-11/11/18

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<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *(1) cheese stick *large container Plain 0% Greek yogurt *1 c. cheddar cheese *unsweetened almond milk *24 oz 2% cottage cheese *heavy cream *(1) 8 oz 1/3 less fat cream cheese *3 c. mozzarella cheese *sour cream</p> <p><u>Meat:</u> *sausage links *3 lbs ground beef *6 lbs boneless skinless chicken breasts *pepperoni *3 lb chuck roast</p>	<p><u>Produce:</u> *(3) apples *(1) medium zucchini *3 pk Romaine lettuce *(4) bell peppers *(1) cucumber (for fresh veg) *(3) onions *1 lb carrots *garlic *(1) lime *(2) 10-12 oz bags of coleslaw *1/2 bunch of cilantro *green onions</p> <p><u>Jarred/Canned:</u> *spaghetti sauce *(2) quarts of vegetable stock *4 oz diced green chilies *16 oz salsa *(1) 15 oz black beans *(1) 10.5 oz diced tomatoes with green chilies *pizza sauce *(1) can chipotle chilies in Adobo sauce *(1) 6 oz tomato paste *Frank's Red Hot sauce</p>	<p><u>Dry Grocery:</u> *almonds *apple cider vinegar *sparkling water *on plan sweetener *cinnamon *ranch dressing *peanut butter *vanilla extract *cocoa powder *caramel extract *protein powder, optional *2/3 c. brown rice, not cooked *cumin *cayenne pepper *taco seasoning *chili powder *oregano *ground cloves *peanut flour *sesame oil *rice vinegar *soy sauce *ground ginger *sesame seeds *dried parsley *garlic powder *onion powder</p>
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