

Shopping List: 11/12-11/18/18

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<p><u>Dairy:</u> *(1) dozen eggs *(1) stick of butter *large 0% Plain Greek yogurt *almond milk *heavy cream *16 oz. 2% cottage cheese *3 c. cheddar cheese *3 c. mozzarella cheese *1 ½ c. egg whites *sour cream</p> <p><u>Meat:</u> *(1) package sausage links *3 lbs ground beef *2 lbs ground Italian sausage *pepperoni *pepperoni *2 lbs ground turkey *1 lb boneless skinless chicken thighs *1 ½ lb boneless skinless chicken breasts</p> <p><u>Frozen:</u> *kale *(2) bags of cauliflower *(1) bag of okra *(2) bags of riced cauliflower *peas</p>	<p><u>Produce:</u> *(3) apples *(4) onions *(5) green bell peppers *3 pk Romaine lettuce *garlic *(1) lime *green onions *celery *1 lb carrots</p> <p><u>Canned/Jarred:</u> *(1) 4 oz can diced green chiles *(2) 15 oz tomato sauce *pizza sauce *(2) 15 oz diced tomatoes *(1) 15 oz pinto beans *(1) 15 oz corn *(1) quart chicken broth *soy sauce</p>	<p><u>Dry Grocery:</u> *cinnamon *apple cider vinegar *sparkling water *on plan sweetener *peanut butter *protein powder *vanilla extract *low carb tortilla shells *taco seasoning *chili powder *garlic powder *onion powder *cumin *oregano *red pepper flakes *Ranch dressing *peanuts *caramel extract *cocoa powder *4 c. brown rice, NOT cooked *cayenne pepper *thyme *olive oil *paprika *sesame oil</p>
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