

# Shopping List: 12/3-12/9/18

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<p><b><u>Dairy:</u></b> *(1) dozen eggs *lg. 0% Plain Greek yogurt *heavy cream *(2) sticks of butter *3 c. cheddar cheese *unsweetened almond milk *16 oz 2% cottage cheese *(1) 8 oz block 1/3 less fat cream cheese *1 c. egg whites *2 c. mozzarella cheese *sour cream</p> <p><b><u>Meat:</u></b> *sausage links *2 lbs boneless skinless chicken breasts *3 lbs Italian sausage *4 lbs ground beef *pepperoni</p> <p><b><u>Frozen:</u></b> *(2) bags of cauliflower *1/2 bag of peas *strawberries *(2) bags of caulirice *(1) bag of okra</p>	<p><b><u>Produce:</u></b> *(7) onions *(7) bell peppers *(1) cubanelle pepper *garlic *(3) lettuce ***I used to buy the 3-pk Romaine so try to have enough to be the equivalent of that amount. *(3) apples *(1) bunch of kale *(1) large head of broccoli *(1) red bell pepper *(1) peach *(1) banana *celery *(1) large zucchini *(2) tomatoes</p> <p><b><u>Canned/Jarred:</u></b> *(2) 10.5 oz Rotel *(3) quarts of vegetable broth *(1) quart of chicken stock *(1) 4 oz diced green chiles *(2) 8 oz tomato sauce *pizza sauce *spaghetti sauce *mayo *no sugar added ketchup *dill pickle relish *dill pickles *Frank's Red Hot</p>	<p><b><u>Dry Grocery:</u></b> *apple cider vinegar *sparkling water *on-plan sweetener *coconut oil *taco seasoning *2 c. uncooked quinoa *cinnamon *garlic powder *onion powder *red pepper flakes *soy sauce *(10) low-carb tortilla shells – this may be more than 1 pack depending on the brand *chili powder *cumin *oregano *vanilla extract *protein powder, optional *no sugar added peanut butter *mint extract *85% dark chocolate *Worcestershire sauce *paprika *sesame seeds *hot sauce *caramel extract *peanuts *Ranch dressing</p>
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