

Shopping List 12/10-12/16/18

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<p><u>Dairy:</u> *(1) stick of butter *1g. Heavy cream *1g 0% Plain Greek Yogurt *(3) cheese sticks *unsweetened almond milk *24 oz 2% cottage cheese *(1) dozen eggs *2 c. cheddar cheese *Parmesan cheese *5 c. mozzarella cheese *2 ½ c. egg whites</p> <p><u>Meat:</u> *(1) package sausage links *2 lbs ground beef *5 lbs boneless skinless chicken breasts *1 lb ground sausage *pepperoni</p> <p><u>Frozen:</u> *strawberries *peas *(3) bags of riced cauliflower</p>	<p><u>Produce:</u> *(4) medium zucchini *(6) onions *1 lb carrots *garlic *large bag of spinach *(3) apples *(5) bell peppers *(1) lime *lettuce *green onions</p> <p><u>Canned/Jarred:</u> *(3) 8 oz tomato sauce *(1) quart chicken stock *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern Beans *(1) 4 oz diced green chiles *salsa *(1) 15 oz black beans *pizza sauce</p>	<p><u>Dry Grocery:</u> *cayenne pepper *garlic powder *onion powder *Italian seasoning *bay leaf *red pepper flakes *on plan sweetener *apple cider vinegar *sparkling water *cinnamon *peanut butter *protein powder, optional *vanilla extract *3 2/3 c. brown rice, raw *taco seasoning *Ranch dressing *85% dark chocolate *cocoa powder *coconut oil *rosemary *thyme *oregano *caramel extract *cumin *sesame oil *soy sauce</p>
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