

Shopping List 12/17-12/23/18

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<p><u>Dairy:</u> *24 oz 2% cottage cheese *unsweetened almond milk *heavy cream *(3) cheese sticks *(2) dozen eggs *(1) stick of butter *1g container plain 0% Greek yogurt *(1) 8 oz 1/3 less fat cream cheese *egg whites *2 c. mozzarella cheese *1 c. cheddar cheese *feta cheese</p> <p><u>Meat:</u> *(1) package sausage patties *3 lbs ground beef *2 ½ lbs boneless skinless chicken breasts *1/2 lb bacon *1 lb ground Italian sausage *pepperoni</p> <p><u>Frozen:</u> *strawberries *peas *(3) bags of riced cauliflower</p>	<p><u>Produce:</u> *(4) bell peppers *(4) onions *garlic *(1) zucchini *(1) head of broccoli *(1) red bell pepper *(3) apples *(1) banana *(1) peach *3 pk Romaine lettuce *small bag of spinach *(2) tomatoes *(2) carrots *green onions</p> <p><u>Canned/Jarred:</u> *(2) quarts of chicken broth *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *spaghetti sauce *(1) 10.5 oz diced tomatoes with chilies *(1) quart of vegetable stock *roasted red peppers *mayo *ketchup *dill pickle relish *pizza sauce</p>	<p><u>Dry Grocery:</u> *85% dark chocolate bar *mint extract *on plan sweetener *apple cider vinegar *sparkling water *chili seasoning *1/2 lb. Green lentils *peanut butter *protein powder, optional *vanilla extract *coconut oil *3 c. brown rice, not cooked *soy sauce *Frank's Red Hot sauce *red pepper flakes *cinnamon *taco seasoning *chili powder *cocoa powder *Ranch dressing *Worcestershire sauce *paprika *sesame oil *garlic powder *oregano</p>
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