

February 2019 Printable Shopping List

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Week #1 January 27-February 2

<p><u>Dairy:</u> *3 c. cheddar cheese *sour cream – for on the side *1 c. egg whites *(3) eggs *2 c. mozzarella cheese</p> <p><u>Meat:</u> *4 lbs boneless skinless chicken breasts *1/2 lb bacon *2 lbs ground beef *3 lbs chuck roast *1 lb Italian sausage *pepperoni</p> <p><u>Frozen:</u> *(3) 16 oz bags of broccoli *(3) 10 oz bags of cauli rice</p>	<p><u>Produce:</u> *(7) onions *(4) green bell peppers *1 lb carrots *garlic *(1) lime *green onions *1” piece of ginger *(1) zucchini</p> <p><u>Canned/Jarred:</u> *(1) quart veggie stock *(2) 4 oz diced green chiles *salsa *(1) 15 oz black beans *(2) 15 oz tomato sauce *(1) 14 oz diced tomatoes *(2) 14 oz Great Northern beans *(1) 14 oz pizza sauce</p>	<p>*1 2/3 c. brown rice, not cooked *olive oil *cumin *cayenne pepper *seasoning salt *4 T. taco seasoning *red pepper flakes *soy sauce *rice wine vinegar *on plan sweetener *sesame oil *sesame seeds *Italian seasoning *bay leaf *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *oregano</p>
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Week #2 February 3-9

<p><u>Dairy:</u> *2 ½ c. egg whites *(1) stick of butter *heavy cream *1 c. cheddar cheese *sour cream *(3) eggs *2 c. mozzarella</p> <p><u>Meat:</u> *3 lbs boneless skinless chicken breasts *2 lbs ground beef *3 lbs Italian sausage *2 lbs ground turkey *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(3) 10 oz bags of cauli rice *(2) 16 oz bags of cauliflower *2 c. okra</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(1) zucchini *cilantro *3 pack Romaine lettuce *(3) onions *(3) green bell peppers *celery *bag of kale</p> <p><u>Canned/Jarred:</u> *24 oz spaghetti sauce *8 oz salsa verde *(2) quarts chicken broth *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 14 oz corn *16 oz salsa *14 oz pizza sauce</p>	<p><u>Dry Grocery:</u> *sesame oil *5 c. brown rice, cooked *soy sauce *red pepper flakes *cumin *garlic powder *onion powder *chili powder *cayenne pepper *taco seasoning *oregano</p>
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Week #3 February 10-16

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<p><u>Dairy:</u> *(3) 8oz 1/3 less fat cream cheese *large container 0% Plain Greek yogurt *unsweetened almond milk *Parmesan cheese (green can) *(5) eggs *3 c. mozzarella *1 c. cheddar cheese *1 c. egg whites</p> <p><u>Meat:</u> *1 lb bacon *6 lbs boneless skinless chicken breasts *4 lbs ground beef *1 lb Italian sausage *pepperoni</p> <p><u>Frozen:</u> *(1) 16 oz bag of broccoli *1/2 bag of peas *(4) 10 oz bags of cauli rice</p>	<p><u>Produce:</u> *(4) onions *(4) green bell peppers *garlic *(1) red bell pepper *(1) zucchini *celery *3 pk Romaine lettuce</p> <p><u>Canned/Jarred:</u> *(1) 10.5 oz Rotel *(1) quart veggie stock *(2) quarts chicken stock *24 oz spaghetti sauce *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *mayo</p>	<p><u>Dry Grocery:</u> *dried parsley *onion powder *garlic powder *on plan sweetener *red pepper flakes *chili powder *2 c. brown rice, cooked *soy sauce *olive oil *old fashioned oats *dried minced onion *Italian seasoning *oregano *sage *chili seasoning *1/2 lb dried lentils *Ranch dressing</p>
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Week #4 February 17-23

<p><u>Dairy:</u> *sour cream *1 c. cheddar cheese *2 1/2 c. egg whites *(3) eggs *2 c. mozzarella</p> <p><u>Meat:</u> *2 lbs steak *3 lbs ground beef *1 1/2 lbs boneless skinless chicken breasts *1 lb Italian sausage *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(3) 10 oz bags of cauli rice</p>	<p><u>Produce:</u> *(1) head of broccoli *(1) head of cauliflower *(4) onions *3 pk Romaine lettuce *(2) green bell peppers *garlic *(1) lime *green onions *(2) zucchini *1 lb carrots *small bag of spinach</p> <p><u>Canned/Jarred:</u> *(1) 15 oz tomato sauce *24 oz spaghetti sauce *(1) quart veggie broth *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *salsa *14 oz pizza sauce</p>	<p><u>Dry Grocery:</u> *olive oil *Ranch dressing *7 c. brown rice, cooked *taco seasoning *Italian seasoning *bay leaf *red pepper flakes *sesame oil *soy sauce *garlic powder *oregano</p>
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<p><u>Dairy:</u> *(1) stick of butter *heavy cream *1 c. 0% Plain Greek yogurt *8 oz 1/3 less fat cream cheese *unsweetened almond milk *Parmesan cheese (green can) *(5) eggs *1 c. egg whites *2 c. mozzarella cheese</p> <p><u>Meat:</u> *3 lbs Italian sausage *1 ½ lbs boneless skinless chicken breasts *3 lbs chicken drum sticks *4 lbs ground beef *2 lbs ground turkey *pepperoni</p> <p><u>Frozen:</u> *(2) 16 oz bags of cauliflower *2 c. of okra *(1) 16 oz bag of broccoli *(2) 10 oz bags of cauli rice</p>	<p><u>Produce:</u> *(5) onions *large bag of kale *cilantro *3 pk Romaine lettuce *(5) green bell peppers *garlic *(1) zucchini</p> <p><u>Canned/Jarred:</u> *(2) quarts of chicken broth *8 oz salsa verde *mayo *(4) 10.5 oz cans of Rotel *(1) quart veggie broth *24 oz spaghetti sauce *(1) 15 oz pinto beans *(1) 14 oz can corn *(1) 14 oz pizza sauce</p>	<p><u>Dry Grocery:</u> *onion powder *garlic powder *red pepper flakes *cumin *dried minced onion *parsley *taco seasoning *chili powder *Ranch dressing *old fashioned oats *Italian seasoning *oregano *2 c. rice, cooked *cayenne pepper</p>
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