

March Week by Week Printable Shopping List

darciesdish.com

Week #1 March 3-9

<p><u>Dairy:</u> *heavy cream *Parmesan cheese (green can) *(1) 8oz + 4 T. 1/3 less fat cream cheese *2 c. cheddar cheese *sour cream, optional for topping *1 ½ c. egg whites *(2) eggs *5 c. mozzarella</p> <p><u>Meat:</u> *3 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *1 lb bacon *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(3) 10 oz cauli rice</p>	<p><u>Produce:</u> *1 lb carrots *(1) bunch of celery *(4) onions *garlic *(1) bunch of kale *(1) head of broccoli *(1) red bell pepper *(5) jalapeno peppers *green onions *(2) green bell peppers</p> <p><u>Canned/Jarred:</u> *(1) quart vegetable stock *(2) 15 oz Great Northern beans *(2) quarts chicken stock *(1) 10.5 oz Rotel *(1) 4 oz diced green chiles *(1) 15 oz tomato sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *olive oil or coconut oil *1/2 c. quinoa *rosemary *Italian seasoning *onion powder *garlic powder *red wine vinegar *xanthan gum or gluccie, opt *soy sauce *Sriracha *on plan sweetener *red pepper flakes *creole seasoning *chili powder *oregano *cumin *taco seasoning *(1) 10 count low carb tortillas *sesame oil *3 c. cooked brown rice *almond flour</p>
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Week #2 March 10-16

<p><u>Dairy:</u> *heavy cream *1 c. cheddar cheese *sour cream *5 c. mozzarella cheese *4 T. 1/3 less fat cream cheese *(2) eggs</p> <p><u>Meat:</u> *1 lb lean ground turkey *2 lbs ground sausage *2 lbs ground beef *1 lb boneless skinless chicken *pepperoni</p> <p><u>Frozen:</u> *(1) 10 oz box of spinach *(1) 16 oz broccoli</p>	<p><u>Produce:</u> *(2) green bell peppers *(3) onions *garlic *(1) lime *(1) zucchini *3 pk Romaine lettuce *(1) head of broccoli *1 lb carrots *(1) red bell pepper</p> <p><u>Canned/Jarred:</u> *(1) 15 oz tomato sauce *(4) quarts chicken stock *24 oz spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *2 c. brown rice *taco seasoning *onion powder *garlic powder *red pepper flakes *gluccie or xanthang gum, opt *2 lbs brown lentils *cayenne pepper *Bragg's Liquid Aminos or soy sauce *olive oil *on plan sweetener *almond flour</p>
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Week #3 March 17-23

<p><u>Dairy:</u> *(1) stick of butter *3 c. cheddar *1/2 c. 0% Plain Greek yogurt *(1) 8 oz 1/3 less fat cream cheese *2 c. 2% cottage cheese *Half & Half *1 1/2 c. egg whites *(2) eggs *5 c. mozzarella cheese</p> <p><u>Meat:</u> *4 1/2 lbs boneless skinless chicken breasts *4 1/2 lbs ground beef *1 1/2 lbs smoked sausage *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(1) 10 oz cauli rice</p>	<p><u>Produce:</u> *(1) bunch of celery *1 lb carrots *(5) onions *3 pk Romaine lettuce *(3) tomatoes *(1) head of cauliflower *cilantro *dill weed *(1) green cabbage *green onions *garlic *(1) green bell pepper</p> <p><u>Canned/Jarred:</u> *(4) quarts chicken broth *(3) dill pickles *mayo *dill relish *1/2 c. lemon juice *(1) 10.5 oz can of Rotel *(1) 6 oz can of black olives *pizza sauce</p>	<p><u>Dry Grocery:</u> *bay leaf *5 c. brown rice, cooked *dried parsley *Worcestershire sauce *paprika *sesame seeds *sugar free ketchup *hot sauce *on plan sweetener *chili powder *cumin *3/4 c. quinoa *thyme *tarragon *garlic powder *nutritional yeast, optional *sesame oil *soy sauce *red pepper flakes *almond flour</p>
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Week #4 March 24-30

<p><u>Dairy:</u> *1 c. cheddar cheese *sour cream, opt for topping *(1) stick of butter *(2) eggs *5 c. mozzarella cheese *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *2 lbs ground beef *2 1/2 lbs flank steak *1 lb boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) 16 oz broccoli *(1) bag of peas</p>	<p><u>Produce:</u> *(4) onions *1 lb carrots *(2) zucchini *garlic *small bag of spinach *3 pk Romaine lettuce *(2) green bell peppers *(1) head of broccoli *(1) red bell pepper</p> <p><u>Canned/Jarred:</u> *(1) quart vegetable stock *(3) 14 oz diced tomatoes *(3) 15 oz Great Northern beans *24 oz spaghetti sauce *(2) quarts chicken stock *(1) 15 oz kidney beans *Pizza sauce</p>	<p><u>Dry Grocery:</u> *olive oil *Italian seasoning *bay leaf *red pepper flakes *taco seasoning *chili seasoning *1/2 lb brown lentils *sugar free ketchup *Worcestershire sauce *apple cider vinegar *on plan sweetener *garlic salt *1 c. brown rice, not cooked *soy sauce *Sriracha *almond flour</p>
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Week #5 March 31 – April 6

<p><u>Dairy:</u> *4 c. cheddar cheese *heavy cream *1 ½ c. egg whites *(2) eggs *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *2 lbs ground beef *5 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(1) 10 oz bag of cauli rice</p>	<p><u>Produce:</u> *(6) onions *garlic *(4) green bell peppers *(1) green cabbage *green onions *cilantro *dill weed *(2) carrots</p> <p><u>Canned/Jarred:</u> *4 c. cooked pinto beans *(1) 10.5 oz can of Rotel *8 oz tomato sauce *(1) quart chicken broth *(1) 14 oz diced tomatoes *(1) 6 oz black olives *(1) 28 oz crushed tomatoes with basil *(1) 4 oz diced green chiles *15 oz tomato sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *olive oil *paprika *chili powder *cumin *red pepper flakes *8 c. cooked brown rice *Italian seasoning *onion powder *dried basil *balsamic vinegar *taco seasoning *(1) 10 ct low carb tortillas *garlic powder *oregano *sesame oil *soy sauce *almond flour</p>
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