

April Shopping List

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Week #1: 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 *4 c. mozzarella</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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Week #2: April 7-13

<p><u>Dairy:</u> *(5) eggs *heavy cream *2 c. cheddar cheese *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *6 lbs ground beef *1 ½ lbs smoke sausage *1 lb boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(2) 16 oz bags of cauliflower *(1) bag of broccoli *(1) bag of peas</p>	<p><u>Produce:</u> *(4) onions *garlic *3 pk Romaine lettuce *(2) green bell peppers *(1) lime *(2) yellow summer squash *(2) zucchini *large head of green cabbage *(1) bunch of broccoli *(1) red bell pepper</p> <p><u>Canned/Jarred:</u> *(1) 6 oz tomato paste *mustard *(1) 15 oz tomato sauce *(2) quarts chicken stock *spaghetti sauce *Sriracha *pizza sauce</p>	<p><u>Dry Grocery:</u> *old fashioned oats *apple cider vinegar *on plan sweetener *onion powder *Ranch dressing, for salad *2 c. brown rice, not cooked *taco seasoning *garlic powder *paprika *turmeric, optional *cayenne pepper *basil *nutritional yeast, optional *soy sauce or Bragg's aminos *gluccie or xanthan, optional *dried parsley *coconut oil *red pepper flakes *almond flour</p>
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Week #3: April 14-20

<p><u>Dairy:</u> *sour cream, optional *1 c. cheddar cheese *2 T. buter *5 c. mozzarella *(2) eggs *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *4 ½ lbs boneless skinless chicken breasts *1 lb ground beef *2 lbs ground turkey *3 lb beef chuck roast *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(1) bag of riced cauliflower *(1) bag of seasoning blend *(2) bags of broccoli</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(3) onions *(3) green bell peppers *3 pk Romaine lettuce *(1) red bell pepper *(1) 8 oz mushrooms *1” piece of fresh ginger</p> <p><u>Canned/Jarred:</u> *(1) quart chicken stock *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *salsa *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 14 oz corn *pizza sauce</p>	<p><u>Dry Grocery:</u> *olive oil or coconut oil *nutritional yeast, optional *sesame oil *8 c. cooked brown rice *soy sauce *red pepper flakes *chili seasoning *1/2 lb brown lentils *taco seasoning *chili powder *garlic powder *cumin *cayenne pepper *Worcestershire sauce *oregano *dried parsley *rice vinegar *Sriracha *on plan sweetener *almond flour</p>
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Week #4: April 21-27

<p><u>Dairy:</u> *(2) sticks of butter *1 ½ c. egg whites *2 eggs *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *ham – pick the correct size for your family *1 ½ lb smoked sausage *2 lbs ground beef *1 ½ lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(1) bag of riced cauliflower</p>	<p><u>Produce:</u> *1 lb green beans *(1) bag of brussel sprouts *(5) sweet potatoes *large head of green cabbage *(3) onions *1 lb carrots *garlic *(2) zucchini *small bag of spinach *3 pk Romaine hearts *green onions *(2) green bell peppers *(1) lime</p> <p><u>Canned/Jarred:</u> *(1) quart chicken stock *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *(1) 15 oz tomato sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *olive oil *nutritional yeast, optional *garlic powder *onion powder *Italian seasoning *bay leaf *red pepper flakes *Ranch dressing, for salads *sesame oil *6 c. cooked brown rice *soy sauce *taco seasoning *almond flour *cumin</p>
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Week #5: April 28 – May 4

<p><u>Dairy:</u> *4 T. 1/3 less fat cream cheese *1 c. 0% Plain Greek yogurt *2 c. cheddar cheese *sour cream, optional for topping *(1) stick of butter *Parmesan cheese (green can kind is fine) *(2) eggs *4 c. mozzarella</p> <p><u>Meat:</u> *3 lbs boneless skinless chicken breasts *1/2 lb bacon *4 lbs ground beef *5 lbs chicken thighs *pepperoni</p> <p><u>Frozen:</u> *(2) bags of riced cauliflower *(2) bags of seasoning blend *1/2 bag of peas *(1) bag of broccoli</p>	<p><u>Produce:</u> *3 pk Romaine lettuce *(1) head of broccoli *(1) red bell pepper *garlic *head of green cabbage *(1) onion *(1) green bell pepper</p> <p><u>Canned/Jarred:</u> *(1) quart chicken stock *mayo *salsa *(1) 8 oz tomato sauce *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 14 oz corn *pizza sauce</p>	<p><u>Dry Grocery:</u> *chili powder *garlic powder *onion powder *dried onion flakes *dried parsley *Ranch dressing, for salads *4 c. cooked brown rice *xanthan gum or gluccie, opt. *soy sauce *Sriracha *on plan sweetener *red pepper flakes *taco seasoning *Italian seasoning *cooking spray *nutritional yeast, opt. *paprika *oregano *cayenne pepper *almond flour *cumin</p>
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