

Shopping List: 3/25-3/31/19

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<p><u>Dairy:</u> *(1) stick of butter *1 c. cheddar cheese *1g container 0% Plain Greek yogurt *(1) 8 oz 1/3 less fat cream cheese *16 oz 2% cottage cheese *(1) cheese stick *(1) dozen eggs *5 c. mozzarella cheese *sour cream, opt for topping *unsweetened almond milk *heavy cream</p> <p><u>Meat:</u> *2 lbs ground beef *2 ½ lbs flank steak *1 lb boneless skinless chicken breasts *pepperoni *sausage links *8 oz deli ham</p> <p><u>Frozen:</u> *(1) 16 oz broccoli *(1) bag of peas *(1) bag of strawberries</p>	<p><u>Produce:</u> *(5) onions *1 lb carrots *(1) zucchini *garlic *3 pk Romaine lettuce *(5) green bell peppers *(1) head of broccoli *(1) red bell pepper *(1) peach *(1) banana *(2) apples *celery</p> <p><u>Canned/Jarred:</u> *(2) 14 oz diced tomatoes *(1) 15 oz Great Northern beans *24 oz spaghetti sauce *(2) quarts chicken stock *(1) 15 oz kidney beans *pizza sauce *4 c. cooked pinto beans *(1) 10.5 oz Rotel *8 oz tomato sauce *salsa</p>	<p><u>Grocery:</u> *taco seasoning *chili seasoning *1/2 lb brown or green lentils *sugar free ketchup *Worcestershire sauce *apple cider vinegar *on plan sweetener *garlic salt *2 c. brown rice, not cooked *soy sauce *Sriracha *almond flour *olive oil *paprika *cumin *red pepper flakes *sparkling water *vanilla extract *collagen or whey protein *onion powder *garlic powder *caramel extract *cocoa powder *Ranch dressing *cinnamon *old fashioned oats *Swerve Brown Sweetener *almonds *no sugar added peanut butter</p>
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