

May Week by Week Shopping List

darciesdish.com

Week #1: 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 broth *mayo *salsa *(1) 8 oz tomato sauce *(1) 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 salad *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 *cumin *almond flour</p>
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Week #2: May 5-11

<p><u>Dairy:</u> *(2) stick of butter *heavy cream *1 1/2 c. egg whites *(2) eggs *4 T. 1/3 less fat cream cheese *4 c. mozzarella</p> <p><u>Meat:</u> *1 1/2 lbs sirloin tip roast *4 lbs boneless skinless chicken breasts *2 lbs ground sausage *1 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *(2) bag of riced cauliflower *peas *(1) bag of seasoning blend *(2) 16 oz bags of cauliflower *2 c. okra</p>	<p><u>Produce:</u> *garlic *3 pk Romaine lettuce *(1) red onion *1 lb carrots *(1) lemon *(2) onion *(1) bunch of kale *(2) bunch of green onions *(1) large zucchini</p> <p><u>Canned/Jarred:</u> *Dijon mustard *Frank's Red Hot Sauce *(2) quarts chicken broth *spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *Ranch dressing, for salad *1 c. green or brown lentils *thyme *dried parsley *on plan sweetener *olive oil *apple cider vinegar *oregano *garlic powder *onion powder *red pepper flakes *sesame oil *soy sauce *4 c. cooked brown rice *almond flour</p>
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Week #3: May 12-18

<p><u>Dairy:</u> *5 c. cheddar cheese *sour cream *(3) 8 oz 1/3 less fat cream cheese *(1) 14 oz 1 % cottage cheese *(1) stick of butter *(8) eggs *heavy cream *5 c. mozzarella</p> <p><u>Meat:</u> *6 lbs ground beef *4 1/2 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(2) 16 oz bags of cauliflower</p>	<p><u>Produce:</u> *3 pk Romaine lettuce *sm bag of spinach *(1) large head of cauliflower *1 lb carrots *(1) bunch of celery *(3) onions *1/2 c. button mushrooms *garlic *1/2 of a large head of cabbage</p> <p><u>Canned/Jarred:</u> *salsa *20 oz spaghetti sauce *2 1/2 quarts chicken broth *1 1/2 cups of beef broth *pizza sauce</p>	<p><u>Dry Grocery:</u> *taco seasoning *oregano *garlic powder *cayenne pepper *on plan sweetener *3/4 c. wild rice *thyme *xanthan or glucie *soy sauce *ground ginger *onion powder *rice vinegar *coconut oil *almond flour</p>
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Week #4: May 19-25

<p><u>Dairy:</u> *3c. egg whites *4c. cheddar cheese *(2) eggs *4 T. 1/3 less fat cream cheese *4 c. mozzarella</p> <p><u>Meat:</u> *3 lbs ground beef *1 lb bacon *6 1/2 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *2 c. diced okra *(1) bag of peas *(1) bag of riced cauliflower</p>	<p><u>Produce:</u> *(3) onions *3 pk Romaine lettuce *(3)red bell peppers *(2) medium tomatoes *(2) avocados *(1) cucumber *(2) green bell pepper *(1) cubanelle pepper *garlic *1 lb carrots *(1) bunch of green onions *(1) large zucchini *(1) head of broccoli</p> <p><u>Canned/Jarred:</u> *(1) 8 oz tomato sauce *(1) 14 oz diced tomatoes *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *spaghetti sauce *Sriracha *1/2 c. chicken broth *pizza sauce</p>	<p><u>Dry Grocery:</u> *chili powder *onion powder *garlic powder *Bragg's liquid aminos *Ranch dressing, for salads *taco seasoning *1 c. quinoa, not cooked *nutritional yeast, opt *sesame oil *6 c. cooked brown rice *soy sauce *red pepper flakes *almond flour</p>
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Week #5: May 26 – June 1

<p><u>Dairy:</u> *(1) stick of butter *heavy cream *1 c. of cheddar *sour cream, optional for topping *4 c. mozzarella *(2) eggs *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *4lbs ground beef *2 lbs ground Italian sausage *3 ½ lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(2) bags of seasoning blend *(2) bags of cauliflower *2 c. diced okra *(1) bag of peas</p>	<p><u>Produce:</u> *(1) bunch of kale *3 pk Romaine hearts *1 lb carrots *(1) red onion *(1) lemon *(2) green bell peppers *(2) onions *(1) lime</p> <p><u>Canned/Jarred:</u> *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 14 oz corn *2 quarts of chicken broth *salsa *Dijon mustard *Frank's Original Red Hot Sauce *15 oz tomato sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *2 c. cooked brown rice *chili powder *garlic powder *cumin *cayenne pepper *onion powder *red pepper flakes *taco seasoning *1 c. green or brown lentils *extra virgin olive oil *thyme *dried parsley *on plan sweetener *apple cider vinegar *oregano *1 c. brown rice, not cooked *almond flour</p>
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