

June Shopping List

darciesdish.com

Week #1: June 2-8

<p><u>Dairy:</u> *2 c. pepper jack cheese *unsweetened almond milk *1 ½ c. egg whites *4 c. mozzarella *4 T. 1/3 less fat cream cheese *(2) eggs</p> <p><u>Meat:</u> *6 lbs boneless skinless chicken breasts *3 lbs ground beef *1 lb bacon *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(1) bag of cauli rice</p>	<p><u>Produce:</u> *(5) onions *(2) large heads green cabbage *(1) large zucchini *(1) 3 pk Romaine lettuce *(2) red bell peppers *(2) tomatoes *(2) avocados *(1) cucumber *1 lb carrots</p> <p><u>Canned/Jarred:</u> *spaghetti sauce *mayo *(2) 15 oz cans of black beans or 4 c. cooked *(1) 10.5 oz Rotel *salsa *pizza sauce</p>	<p><u>Dry Grocery:</u> *soy sauce *ground ginger *onion powder *garlic powder *black pepper *rice vinegar *4 c. brown rice, not cooked *cayenne pepper *sesame oil *red pepper flakes *chili powder *almond flour</p>
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Week #2: June 9-15

<p><u>Dairy:</u> *(1) stick of butter *3 c. cheddar cheese *1/2 c. 0% Plain Greek yogurt *1/2 c. sour cream *4 c. mozzarella *4 T. 1/3 less fat cream cheese *(2) eggs</p> <p><u>Meat:</u> *3 lbs ground beef *2 lbs boneless skinless chicken breasts *1 ½ lbs smoked sausage *2 ½ lbs boneless skinless chicken thighs *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(1) bag of peas</p>	<p><u>Produce:</u> *(3) onions *(2) 3 pk Romaine lettuce *(3) tomatoes *(2) green bell peppers *(1) cubanelle pepper *garlic *(1) large head green cabbage *(1) head of broccoli *(1) red bell pepper</p> <p><u>Canned/Jarred:</u> *dill relish *pizza sauce *mayo *no sugar added ketchup *hot sauce *(1) 10.5 oz Rotel *1 c. chicken broth *Frank's Red Hot sauce *salsa</p>	<p><u>Dry Grocery:</u> *Worcestershire sauce *paprika *sesame seeds *on plan sweetener *taco seasoning *1 c. quinoa, not cooked *onion powder *garlic powder *Ranch dressing *apple cider vinegar *dried parsley *oregano *1 c. brown rice, not cooked *soy sauce *red pepper flakes *almond flour</p>
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Week #3: June 16-22

<p><u>Dairy:</u> *(2) 8 oz 1/3 less fat cream cheese *(1) 14 oz 1% cottage cheese *6 c. mozzarella *1/2 c. 0% Plain Greek yogurt *2 c. pepper jack cheese *unsweetened almond milk *(2) eggs</p> <p><u>Meat:</u> *1 ½ lbs chuck steak *5 ½ lbs boneless skinless chicken breasts *4 lbs ground beef *1 lb bacon *pepperoni</p> <p><u>Frozen:</u> *(2) bags of broccoli *(1) bag of peas</p>	<p><u>Produce:</u> *(1) zucchini *(3) onions *(1) lime *garlic *1 lb green beans *1 lb carrots *(1) small red onion *16 oz. Baby spinach *(2) 3 pk Romaine lettuce *(1) pint cherry tomatoes *(1) pack of celery *(1) large green cabbage *(3) red bell peppers *(2) tomatoes *(2) avocados *(1) cucumber *(1) bunch of cilantro *(1) green bell pepper</p> <p><u>Canned/Jarred:</u> *Dijon mustard *spaghetti sauce *(2) 15 oz pinto beans *(1) 15 oz black beans *(1) 15 oz corn *mayo *pizza sauce</p>	<p><u>Dry Grocery:</u> *fish sauce *cumin *ground ginger *1 c. green or brown lentils *lemon juice *thyme *dried parsley *on plan sweetener *extra virgin olive oil *oregano *onion powder *garlic powder *cayenne *chili powder *paprika *soy sauce *black pepper *rice vinegar *coconut oil *1 c. brown rice, not cooked *almond flour</p>
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Week #4: June 23-29

<p><u>Dairy:</u> *(1) stick of butter *sour cream *2 c. cheddar cheese *1 ½ c. egg whites *(2) eggs *4 T. 1/3 less fat cream cheese *4 c. mozzarella</p> <p><u>Meat:</u> *3 ½ lbs boneless skinless chicken breasts *2 ½ lbs boneless skinless chicken thighs *1 lb ground beef *1 lb smoked sausage *pepperoni</p>	<p><u>Produce:</u> *(1) head of broccoli *(2) red bell peppers *garlic *(2) 3 pks Romaine lettuce *1 lb carrots *green onions *small bag of spinach *(2) onions *(1) cubanelle pepper *(1) green bell pepper</p> <p><u>Canned/Jars:</u> *1/2 c. chicken broth *Frank's Red Hot Sauce *salsa *(1) 10.5 oz Rotel</p>	<p><u>Dry Grocery:</u> *coconut oil *3 c. brown rice, not cooked *soy sauce *on plan sweetener *red pepper flakes *apple cider vinegar *dried parsley *oregano *garlic powder *onion powder *taco seasoning *sesame oil *extra virgin olive oil *balsamic vinegar *peanuts *cayenne pepper</p>
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<u>Frozen:</u> *(1) bag of peas *(1) bag of seasoning blend *(1) bag of cauli rice	*pizza sauce	*1 c. quinoa, not cooked *almond flour
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Week #5: June 30 – July 6

<u>Dairy:</u> *1 c. 0% Plain Greek yogurt *(1) stick of butter *3 c. cheddar cheese *(2) eggs *4 c. mozzarella *4 T. 1/3 less fat cream cheese <u>Meat:</u> *3 lbs ground beef *3 lbs boneless skinless chicken breasts *1 ½ lbs smoked sausage *pepperoni <u>Frozen:</u> *(1) bag of broccoli *1 c. peas	<u>Produce:</u> *(2) 3 pk Romaine lettuce *(1) pint cherry tomatoes *(1) large green cabbage *(3) onions *(2) green bell peppers *(3) tomatoes *1 lb carrots *(1) small red onion <u>Canned/Jarred:</u> *(2) 15 oz pinto beans *(3) 15 oz black beans *(1) 15 oz corn *1/2 c. chicken broth *(1) 10.5 oz Rotel *salsa *dill relish *mayo *no sugar added ketchup *hot sauce *Dijon mustard *pizza sauce	<u>Dry Grocery:</u> *chili powder *cumin *paprika *garlic powder *onion powder *dried parsley *2 c. brown rice, not cooked *Worcestershire sauce *sesame seeds *on plan sweetener *1 c. brown or green lentils *lemon juice *thyme *almond flour
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