

August Shopping List

darciesdish.com

Week #1: July 28 – August 3

<p><u>Dairy:</u> *heavy cream *1 c. cheddar cheese *8 oz. + 4 T. 1/3 less fat cream cheese *(1) 14 oz 1 % cottage cheese *5 c. mozzarella *1 ½ c. egg whites</p> <p><u>Meat:</u> *2 lbs ground turkey *2 lbs smoked sausage *2 ½ lbs boneless skinless chicken breasts *3 lbs ground beef *6 slices bacon *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(1) bag of peas *(1) bag of cauli rice</p>	<p><u>Produce:</u> *(2) onions *(1) 3 pk Romaine lettuce *(1) head of broccoli *(1) red bell pepper *garlic *16 oz baby spinach *1 lb carrots *(1) bunch of green onions *1 lb green beans *(1) medium green cabbage *(1) small red cabbage *(1) green bell pepper</p> <p><u>Canned/Jarred:</u> *(3) 10.5 oz Rotel *(1) 15 oz pinto beans *(1) 14 oz corn *1/2 c. sun dried tomatoes *5 c. chicken broth *Sriracha *spaghetti sauce *mayo *pizza sauce</p>	<p><u>Dry Grocery:</u> *7 c. cooked brown rice *chili powder *garlic powder *cumin *cayenne pepper *13.25 oz box of Dreamfield's pasta *onion powder *red pepper flakes *dried dill weed *coconut oil *xanthan gum, optional *soy sauce *on plan sweetener *oregano *sesame oil *apple cider vinegar *1/2 c. sliced almonds *almond flour</p>
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Week #2: August 4-10

<p><u>Dairy:</u> *1 c. cheddar cheese *1/2 c. 0% Plain Greek yogurt *(2) eggs *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *2 ½ lbs boneless skinless chicken breasts *5 lbs ground beef *(1) package all beef hot dogs *2 lbs ground turkey *pepperoni</p>	<p><u>Produce:</u> *(5) onions *(1) bunch of celery *(2) heads of green cabbage *garlic *(1) bunch of green onions *(2) green bell peppers *(1) lime *(1) large zucchini *(2) 3 pk Romaine lettuce *(1) pint cherry tomatoes</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *(1) 6 oz tomato paste *mustard *spaghetti sauce *(2) 15 oz pinto beans *(1) 14 oz black beans *(1) 14 oz corn *pizza sauce</p>	<p><u>Dry Grocery:</u> *soy sauce *ground ginger *onion powder *garlic powder *black pepper *rice vinegar *coconut oil *2 c. brown rice, not cooked *red pepper flakes *taco seasoning *chili seasoning *(1) pack low carb tortillas *chili powder *cumin *dried parsley *almond flour</p>
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Week #3: August 11-17

<p><u>Dairy:</u> *(1) stick of butter *3 c. cheddar cheese *sour cream *1/2 c. 0% Plain Greek yogurt *(2) eggs *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *1 1/2 lbs smoked sausage *3 lbs ground beef *1 lb boneless skinless chicken breasts *2 lb sirloin steak *pepperoni</p> <p><u>Frozen:</u> *1/2 bag of frozen peas</p>	<p><u>Produce:</u> *(2) 3 pk Romaine lettuce *(4) onions *(4) green bell peppers *(1) head of green cabbage *(1) head of broccoli *(1) red bell pepper *garlic *(3) tomatoes</p> <p><u>Canned/Jarred:</u> *(2) 14 oz black beans *salsa *(1) 10.5 oz Rotel *1 c. chicken stock *Sriracha *1/2 c beef broth *dill pickles or relish *mayo *no sugar added ketchup *hot sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *3 c. brown rice, not cooked *chili powder *onion powder *garlic powder *taco seasoning *coconut oil *soy sauce *on plan sweetener *red pepper flakes *cumin *(1) pack low carb wraps *Worcestershire sauce *paprika *sesame seeds *almond flour</p>
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Week #4: August 18-24

<p><u>Dairy:</u> *1/2 stick of butter *sour cream *1 c. cheddar cheese *1 1/2 c. egg whites *1/2 c. 0% Plain Greek yogurt *(2) eggs *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *4 lbs boneless skinless chicken breasts *2 1/2 lb boneless chuck roast *3 lbs ground beef *2 lbs ground turkey *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(1) bag of peas *(1) bag of cauli rice</p>	<p><u>Produce:</u> *(2) 3 pk Romaine lettuce *garlic *(1) lime *1 lb carrots *(1) bunch green onions *(3) onions *(1) head of green cabbage *(2) green bell peppers *(1) pint cherry tomatoes</p> <p><u>Canned/Jarred:</u> *Frank's Red Hot Sauce *chipotle chilies in Adobo sauce *3 T. tomato paste *(2) 8 oz tomato sauce *(2) 15 oz pinto beans *(1) 14 oz black beans *(1) 14 oz corn *pizza sauce</p>	<p><u>Dry Grocery:</u> *apple cider vinegar *dried parsley *oregano *garlic powder *onion powder *olive oil *cumin *cloves *sesame oil *3 c. cooked brown rice *soy sauce *red pepper flakes *ground ginger *taco seasoning *chili powder *paprika *almond flour</p>
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Week #5: August 25-31

<p><u>Dairy:</u> *3 c. cheddar cheese *sour cream *1 T. butter *1/2 c. 0% Plain Greek yogurt *(2) eggs *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *4 lbs ground beef *4 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of broccoli</p>	<p><u>Produce:</u> *(2) 3 pk Romaine lettuce *(4) onions *(2) green bell peppers *(1) large zucchini *(1) bunch of celery *1/2 head of green cabbage</p> <p><u>Canned/Jarred:</u> *(2) 14 oz black beans *(1) 10.5 oz Rotel *salsa *spaghetti sauce *1/2 c. beef broth *dill pickles or relish *no sugar added ketchup *mayo *hot sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *2 c. brown rice, not cooked *chili powder *soy sauce *ground ginger *onion powder *garlic powder *black pepper *rice vinegar *coconut oil *Worcestershire sauce *paprika *sesame seeds *on plan sweetener *almond flour</p>
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