

September Shopping List

darciesdish.com

Week #1: September 1-7

<p><u>Dairy:</u> *(1) stick of butter *sour cream *1 c. cheddar cheese *(2) eggs *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *1 ½ lb smoked sausage *3 lbs ground beef *1 lb bacon *2 lbs ground turkey *2 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(2) bags of seasoning blend</p>	<p><u>Produce:</u> *1 ½ large heads green cabbage *1/2 small head purple cabbage *(1) cucumber for fresh veg *(2) onions *(2) green bell pepper *garlic *(1) 3 pk Romaine lettuce</p> <p><u>Canned/Jarred:</u> *4 ½ c. chicken stock *mayo *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(3) 14 oz diced tomatoes *(1) 15 oz pinto beans *(1) 14 oz corn *Frank's Red Hot sauce *salsa *pizza sauce</p>	<p><u>Dry Grocery:</u> *onion powder *garlic powder *on plan sweetener *apple cider vinegar *sliced almonds *1/2 lb brown or green lentils *2 c. cooked brown rice *chili powder *cumin *cayenne pepper *dried parsley *oregano *taco seasoning *almond flour *chili seasoning</p>
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Week #2: September 8-14

<p><u>Dairy:</u> *(2) 8 oz + 4 T. 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella *1 ½ c. egg whites *(2) eggs</p> <p><u>Meat:</u> *3 lbs ground beef *2 ½ lbs boneless skinless chicken breasts *(4) fully cooked chicken sausage links *pepperoni</p> <p><u>Frozen:</u> *(1) bag riced cauliflower *(1) bag of peas *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(3) onions *1 lb carrots *(1) large zucchini *garlic *(2) large bags of spinach *(1) 3 pk Romaine lettuce *green onions *(2) green bell peppers *(1) head of broccoli *(1) red bell pepper</p> <p><u>Canned/Jarred:</u> *6 c. chicken broth *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *20 oz spaghetti sauce *(2) 14.5 oz fire roasted tomatoes *(1) 6 oz tomato paste *(1) 10.5 oz Rotel *4 c. beef broth *Sriracha or hot sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *Italian seasoning *bay leaf *red pepper flakes *oregano *onion powder *garlic powder *cayenne pepper *on plan sweetener *Ranch dressing (for salads) *sesame oil *6 c. cooked brown rice *soy sauce *1 lb brown or green lentils *olive oil *taco seasoning *chili powder *almond flour</p>
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Week #3: September 15-21

<p><u>Dairy:</u> *heavy cream *sour cream *1 c. cheddar cheese *1 c. 0% plain Greek yogurt *1 c. Parmesan cheese *(2) eggs *4 c. mozzarella *4 T. 1/3 less fat cream cheese</p> <p><u>Meat:</u> *2 lbs ground beef *5 lbs boneless skinless chicken breasts *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u> *(1) bag broccoli *10 oz chopped spinach</p>	<p><u>Produce:</u> *(1) 3 pk Romaine lettuce *(3) onions *celery *1/2 green cabbage *(1) large zucchini *(2) green bell peppers</p> <p><u>Canned/Jarred:</u> *(2) quarts chicken broth *salsa *mayo *spaghetti sauce *(2) 15 oz black beans *(1) 10.5 oz Rotel *pizza sauce</p>	<p><u>Dry Grocery:</u> *onion powder *garlic powder *red pepper flakes *glucic, optional *taco seasoning *dried parsley *oregano *soy sauce *ground ginger *black pepper *rice vinegar *coconut oil *2 c. brown rice, not cooked *Ranch dressing, for salads *chili powder *almond flour</p>
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Week #4: September 22-28

<p><u>Dairy:</u> *8 oz + 4 T. 1/3 less fat cream cheese *1 c. 0% plain Greek yogurt *1 1/2 c. egg whites *heavy cream *4 c. mozzarella *(2) eggs</p> <p><u>Meat:</u> *1 lb ground beef *3 1/2 lbs boneless skinless chicken breasts *2 1/2 lbs stew meat *2 lbs ground turkey *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *(1) bag cauliflower rice *(2) bags seasoning blend</p>	<p><u>Produce:</u> *(3) onions *(3) green bell peppers *garlic *(1) 3 pk Romaine lettuce *(2) red bell peppers *(1) pint cherry tomatoes *green onions *(3) avocados *(1) lime *(1) bunch of cilantro *1 lb carrots *8 oz mushrooms</p> <p><u>Canned/Jarred:</u> *(4) 10.5 oz Rotel *(1) quart beef broth *(1) 15 oz black beans *hot sauce (2) 14.5 oz fire roasted tomatoes *black olives *(1) 6 oz tomato paste *(1) quart chicken stock *(1) 15 oz kidney beans *(2) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *(1) 15 oz pinto beans *(1) 14 oz corn *pizza sauce</p>	<p><u>Dry Grocery:</u> *extra virgin olive oil *taco seasoning *chili powder *sesame oil *6 c. cooked brown rice *soy sauce *red pepper flakes *paprika *onion powder *garlic powder *oregano *rosemary *chili seasoning *1/2 lb lentils *cumin *cayenne pepper *almond flour</p>
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Week #5: September 29 – October 5

<p><u>Dairy:</u> *(3) 8 oz 1/3 less fat cream cheese *1 c. 0% plain Greek yogurt *14 oz 1% cottage cheese *6 c. mozzarella *sour cream *1 c. cheddar *(2) eggs</p> <p><u>Meat:</u> *1 lb bacon *3 ½ lbs boneless skinless chicken breasts *3 lbs ground beef pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas</p>	<p><u>Produce:</u> *(3) onions *(2) green bell peppers *(2) 3 pk Romaine lettuce *(1) large bag of spinach *(1) head of broccoli *(1) red bell pepper *garlic *1 lb carrots *(1) large zucchini</p> <p><u>Canned/Jarred:</u> *(2) 15 oz black beans *salsa *(1) 10.5 oz Rotel *20 oz spaghetti sauce *2 ½ c. chicken broth *Sriracha or Frank's Red Hot sauce *(1) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *pizza sauce</p>	<p><u>Dry Grocery:</u> *2 c. brown rice, not cooked *chili powder *dried parsley *onion powder *garlic powder *on plan sweetener *red pepper flakes *oregano *cayenne pepper *coconut oil *soy sauce *Italian seasoning *bay leaf *taco seasoning *almond flour</p>
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