

December Week by Week Shopping List

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Week #1: December 1-7

<p><u>Dairy:</u> *3 c. egg whites *2 c. cheddar cheese *sour cream *(1) stick of butter *heavy cream *4 T. 1/3 less fat cream cheese *4 c. mozzarella *(2) eggs</p> <p><u>Meat:</u> *6 lbs ground beef *1 ½ lbs boneless skinless chicken breasts *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u> *(1) bag of okra *1 c. of peas *(2) 16 oz bags of cauliflower florets *(1) bag of cauli rice *(1) bag of broccoli</p>	<p><u>Produce:</u> *(2) green bell peppers *(5) onions *garlic *(1) lime *(2) 3 pk Romaine lettuce *1 lb carrots *green onions *small bag of spinach *1/2 green cabbage</p> <p><u>Canned/Jarred:</u> *(4) 8 oz tomato sauce *(3) 14 oz diced tomatoes *(2) 10.5 oz Rotel *(1) 15 oz pinto beans *salsa *(2) quarts chicken broth *2/3 c. beef broth *pizza sauce</p>	<p><u>Dry Grocery:</u> *5 c. cooked brown rice *(2) taco seasoning *chili powder *onion powder *garlic powder *soy sauce or Bragg's liquid aminos *coconut oil *sesame oil *red pepper flakes *paprika *Worcestershire sauce *cayenne pepper *almond flour</p>
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Week #2: December 8-14

<p><u>Dairy:</u> *(1) stick of butter *heavy cream *1 c. Parmesan cheese *2 c. 2% cottage cheese *7 c. mozzarella *sour cream *8 oz + 4 T 1/3 less fat cream cheese *(2) eggs</p> <p><u>Meat:</u> *7 ½ lbs boneless skinless chicken breasts *1 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *1 c. peas</p>	<p><u>Produce:</u> *(5) onions *(5) green bell peppers *garlic *large bag of spinach *(1) zucchini *1 lb carrots *(1) 3 pk Romaine lettuce *(1) cucumber (for fresh veg) *(1) head of broccoli *(1) red bell pepper</p> <p><u>Canned/Jarred:</u> *(2) quarts chicken broth *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *(1) 4 oz diced green chiles *salsa *(1) 15 oz black beans *Frank's Red Hot Sauce *(1) 10.5 oz Rotel *(1) quart vegetable stock *pizza sauce</p>	<p><u>Dry Grocery:</u> *olive oil *chili seasoning *1/2 lb brown or green lentils *rosemary *thyme *garlic powder *oregano *1 2/3 c. brown rice, not cooked *cumin *cayenne pepper *apple cider vinegar *parsley *onion powder *taco seasoning *chili powder *soy sauce *on plan sweetener *red pepper flakes *almond flour</p>
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Week #3: December 15-21

<p><u>Dairy:</u> *heavy cream *1 c. cheddar *sour cream *4 c. mozzarella *4 T. 1/3 less fat cream cheese *(2) eggs</p> <p><u>Meat:</u> *1 lb ground sausage *(2) pepperoni *5 lbs boneless skinless chicken breasts *2 lbs ground beef</p> <p><u>Frozen:</u> *2 c. okra *(1) bag of cauli rice *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(4) onions *garlic *(1) lime *(2) green bell peppers *(1) 3 pk Romaine lettuce *celery *1/2 green cabbage</p> <p><u>Canned/Jarred:</u> *(3) 10.5 oz Rotel *salsa *(2) pizza sauce *(2) 8 oz tomato sauce *(2) quarts chicken broth *spaghetti sauce *(4) 15 oz Great Northern beans *(1) 14 oz diced tomatoes *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *2 c. dry black beans *coconut oil *chili powder *paprika *2 c. brown rice, not cooked *basil *oregano *garlic powder *cayenne pepper *soy sauce *ground ginger *onion powder *black pepper *rice vinegar *taco seasoning *cumin *almond flour *Ranch dressing (for salad)</p>
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Week #4: December 22-28

<p><u>Dairy:</u> *1 1/2 c. egg whites *8 oz cheddar cheese *4 c. mozzarella *4 T. 1/3 less fat cream cheese *(2) eggs</p> <p><u>Meat:</u> *5 lbs ground beef *2 lbs steak *ham (appropriate size for your fam) *pepperoni</p> <p><u>Frozen:</u> *(1) bag of cauli rice *(1) bag of green beans *(1) bag of okra</p>	<p><u>Produce:</u> *(6) onions *1 lb carrots *(1) zucchini *garlic *small bag of spinach *(3) green bell peppers *(1) lime *1 lb sweet potatoes *(1) head of broccoli (roasted veg) *(1) head of cauliflower (roasted veg)</p> <p><u>Canned/Jarred:</u> *2 c. vegetable broth *(4) 14 oz diced tomatoes *(2) 15 oz Great Northern beans *(4) 8 oz tomato sauce *(2) 10.5 oz Rotel *(1) 15 oz pinto beans *2/3 c. beef broth *pizza sauce</p>	<p><u>Dry Grocery:</u> *olive oil *Italian seasoning *bay leaf *red pepper flakes *1 c. brown rice, not cooked *taco seasoning *chili powder *onion powder *garlic powder *Bragg's liquid aminos, opt *coconut oil *paprika *Worcestershire sauce *cayenne pepper *almond flour</p>
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Week #5: December 29 – January 4, 2020

<p><u>Dairy:</u> *1 c. cheddar *sour cream *1 ½ c egg whites *8 oz + 4 T 1/3 less fat cream cheese *4 c. mozzarella *(2) eggs</p> <p><u>Meat:</u> *5 lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *1 c. peas *(2) bags of cauli rice</p>	<p><u>Produce:</u> *(1) 3 pk Romaine lettuce *(3) onions *(1) red bell pepper *garlic *1 lb carrots *(1) zucchini *green onions *(2) green bell peppers</p> <p><u>Canned/Jarred:</u> *(4) 15 oz Great Northern beans *(3) quarts chicken broth *(3) 10.5 oz Rotel *(1) 14 oz diced tomatoes *(1) 15 oz corn *salsa *(1) quart vegetable broth *spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *cumin *chili powder *onion powder *garlic powder *(2) taco seasoning *1 lb green or brown lentils *olive oil *curry powder *turmeric powder *red pepper flakes *sesame oil *4 c. brown rice, cooked *soy sauce *Ranch dressing (for salad) *almond flour</p>
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