

January THM Dinner Shopping List

darciesdish.com

Week #1: December 29, 2019 – January 4, 2020

<p>*1 c. cheddar cheese *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 seasonings *1 lb green or brown lentils *olive or avocado 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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Week #2: January 5-11

<p><u>Dairy:</u> *sour cream *(1) stick of butter *(2) eggs *4 c. mozzarella *4 T 1/3 less fat cream cheese</p> <p><u>Meat:</u> *5 lbs boneless skinless chicken breasts *3 lb pork shoulder *1 ½ lb smoked sausage *1 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(5) onions *celery *1 ½ large green cabbage *(1) jalapeno *garlic *zest of 1 orange *(1) 3 pk Romaine lettuce *(4) green bell peppers *(1) cucumber (for fresh veg) *(1) lime</p> <p><u>Canned/Jarred:</u> *salsa *(1) quart of chicken stock *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(2) 14 oz diced tomatoes *Frank's Red Hot Sauce *(2) 8 oz tomato sauce *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 *oregano *paprika *cumin *chili seasoning *1/2 lb dry lentils *apple cider vinegar *parsley *taco seasoning *almond flour</p>
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Week #3: January 12-18

<p><u>Dairy:</u> *(1) stick of butter *heavy cream *Parmesan cheese *8 oz 1/3 less fat cream cheese *5 c. Mozzarella *1 c. cheddar cheese *sour cream *(2) eggs</p> <p><u>Meat:</u> *2 ½ lbs chicken tenders *2 lbs ground beef *(6) boneless skinless chicken thighs *2 ½ lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of broccoli *(2) bags of cauli rice *(1) bag of green beans *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *large bag of spinach *(2) onions *1 lb carrots *(1) zucchini *garlic *(1) 3 pk Romaine lettuce *(1) green bell pepper</p> <p><u>Canned Jarred:</u> *(1) quart chicken broth *7oz sun-dried tomatoes *2 c. vegetable broth *(1) 14 oz diced tomatoes *(6) 15 oz Great Northern beans *spaghetti sauce *salsa *(2) 10.5 oz Rotel *(1) 15 oz corn *pizza sauce</p>	<p><u>Dry Grocery:</u> *garlic powder *Italian seasoning *oregano *gluicce or xanthan gum, optional *olive or avocado oil *bay leaf *red pepper flakes *paprika *taco seasoning *cumin *chili powder *onion powder *almond flour</p>
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Week #4: January 19-25

<p><u>Dairy:</u> *(1) stick of butter *(2) 8 oz 1/3 less fat cream cheese *heavy cream *Parmesan cheese *6 c. mozzarella *1 ½ c. egg whites *(2) eggs</p> <p><u>Meat:</u> *4 ½ lbs boneless skinless chicken breasts *1 lb ground sausage *(2) packs of pepperoni *1 ½ lbs smoked sausage *1 lb ground beef</p> <p><u>Frozen:</u> *1 c. okra *(1) bag of seasoning blend *1 c. peas *(1) bag of cauli rice</p>	<p><u>Produce:</u> *(2) spaghetti squash *garlic *16 oz spinach *(1) 3 pk Romaine hearts *(3) onions *(3) green bell peppers *1 lb carrots *green onions *(1) large green cabbage</p> <p><u>Canned/Jarred:</u> *(2) pizza sauce *(2) 8 oz tomato sauce *(2) quarts chicken broth *(1) 4 oz diced green chiles *salsa *(2) 15 oz black beans *(1) 10.5 oz Rotel *(1) quart vegetable broth</p>	<p><u>Dry Grocery:</u> *red pepper flakes *Ranch dressing (for salad) *basil *oregano *garlic powder *cayenne pepper *2 2/3 c. brown rice, not cooked *olive or avocado oil *cumin *onion powder *sesame oil *soy sauce *taco seasoning *chili powder</p>
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Week #5: January 26 – February 1

<p><u>Dairy:</u> *(8) eggs *half & half *1 c. cheddar cheese *4 c. mozzarella *4 T 1/3 less fat cream cheese</p> <p><u>Meat:</u> *4 lbs ground beef *6-8 oz Canadian bacon *pepperoni</p> <p><u>Frozen:</u> *(1) bag of cauli rice</p>	<p><u>Produce:</u> *(6) onions *garlic *(1) large green cabbage *green onions *(4) green bell peppers *(1) lime *(1) red bell pepper *1 lb carrots *(1) zucchini *small bag of spinach</p> <p><u>Canned/Jarred:</u> *(2) 8 oz tomato sauce *(1) quart chicken broth *(1) 15 oz kidney beans *(3) 15 oz Great Northern beans *(3) 14 oz diced tomatoes *spaghetti sauce *2 c. vegetable broth *pizza sauce</p>	<p><u>Dry Grocery:</u> *sesame oil *ground ginger *soy sauce *red pepper flakes *1 c. brown rice, not cooked *taco seasoning *olive or avocado oil *chili seasoning *1 lb dried lentils *Italian seasoning *bay leaf *almond flour</p>
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