

# August 2020 Week by Week Shopping List

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## Week #1: August 2-8

<p><b><u>Dairy:</u></b>          *1 c. cheddar cheese          *sour cream          *(1) stick of butter          *8 oz + 4 T. 1/3 less fat cream cheese          *14 oz 1% cottage cheese          *5 c. mozzarella cheese          *(2) eggs          *1 ½ c 0% Plain Greek yogurt</p> <p><b><u>Meat:</u></b>          *2 lbs ground turkey          *2 lbs ground beef          *1 lb polish kielbasa          *1 lb boneless skinless chicken breasts          *pepperoni          *4 lbs chicken drumsticks</p> <p><b><u>Frozen:</u></b>          *(2) bags of cauliflower rice          *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>          *(4) onions          *garlic          *green onions          *(1) 3 pk Romaine lettuce          *(1) green cabbage          *16 oz spinach          *(3) small zucchini          *(2) green bell peppers          *(1) red bell pepper          *(2) cucumbers</p> <p><b><u>Canned/Jarred:</u></b>          *salsa          *1/3 c. chicken stock          *20 oz spaghetti sauce          *(1) 15 oz kidney beans          *(1) 15 oz chickpeas          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *sesame oil          *soy sauce          *ground ginger          *salt &amp; pepper          *red pepper flakes          *1 c. brown rice, not cooked          *taco seasoning          *Ranch dressing, for salads          *oregano          *onion powder          *garlic powder          *cayenne pepper          *on plan sweetener          *white vinegar          *almond flour          *paprika          *cumin          *chili powder          *dried dill          *lemon juice</p>
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## Week #2: August 9-15

<p><b><u>Dairy:</u></b>          *1 ½ c. egg whites          *4 c. cheddar cheese          *sour cream          *(1) stick of butter          *1/2 c. 0% Plain Greek yogurt          *4 T. 1/3 less fat cream cheese          *4 c. mozzarella cheese          *(2) eggs</p> <p><b><u>Meat:</u></b>          *5 lbs boneless skinless chicken breasts          *3 lbs ground beef          *pepperoni</p> <p><b><u>Frozen:</u></b>          *2 c. peas          *(1) bag of cauliflower rice          *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>          *1 lb carrots          *green onions          *garlic          *(4) onions          *(2) green bell peppers          *(2) 3 pk Romaine lettuce          *(1) zucchini          *small bag of spinach          *(3) tomatoes          *(1) small red onion</p> <p><b><u>Canned/Jarred:</u></b>          *(1) 4 oz green chilies          *(2) 8 oz tomato sauce          *2 c. vegetable broth          *(1) 14 oz diced tomatoes          *(2) 15 oz Great Northern beans          *1/2 c. beef broth          *dill pickles          *mayo          *ketchup          *hot sauce          *pizza sauce          *Dijon mustard</p>	<p><b><u>Dry Grocery:</u></b>          *olive oil          *salt &amp; pepper          *sesame oil          *4 c. brown rice, cooked          *soy sauce          *red pepper flakes          *taco seasoning          *(1) 10 pack low carb tortillas          *chili powder          *onion powder          *garlic powder          *cumin          *oregano          *Frank's Red Hot Sauce          *apple cider vinegar          *dried parsley          *Italian seasoning          *bay leaf          *Worcestershire sauce          *paprika          *sesame seeds          *on plan sweetener          *almond flour          *1 c. lentils          *lemon juice          *thyme</p>
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## Week #3: August 16-22

<p><b><u>Dairy:</u></b>          *(1) stick of butter          *heavy cream          *0% Plain Greek yogurt          *4 c. mozzarella cheese          *4 T. 1/3 less fat cream cheese          *(2) eggs</p> <p><b><u>Meat:</u></b>          *2 lbs ground sausage          *3 ½ lbs boneless skinless chicken breasts          *3 lbs ground beef          *2 lbs ground turkey          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(1) bag of seasoning blend          *(2) bags of cauliflower florets          *2 c. okra          *(1) bag of cauliflower rice          *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>          *small bag of kale          *(3) colored peppers of your choice          *(1) red onion          *(2) 3 pk Romaine lettuce          *(1) pint cherry tomatoes          *(1) onion          *(2) green bell peppers          *(1) cucumber</p> <p><b><u>Canned/Jarred:</u></b>          *2 ½ quarts chicken broth          *(3) 15 oz black beans          *(1) 14 oz diced tomatoes          *spaghetti sauce          *(2) 15 oz pinto beans          *(1) 15 oz corn          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *salt &amp; pepper          *onion powder          *garlic powder          *red pepper flakes          *chili powder          *paprika          *cayenne pepper          *olive oil          *1 c. brown rice, not cooked          *1 c. quinoa          *chili seasoning          *Ranch dressing, for salad          *cumin          *dried parsley          *almond flour</p>
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## Week #4: August 23-29

<p><b><u>Dairy:</u></b>          *(1) stick of butter          *sour cream          *3 c. cheddar cheese          *1/2 c. 0% Plain Greek yogurt          *(2) eggs          *4 c. mozzarella cheese          *4 T. 1/3 less fat cream cheese          *heavy cream</p> <p><b><u>Meat:</u></b>          *1 ½ lb smoked sausage          *2 lbs boneless skinless chicken breasts          *3 lb pork shoulder          *3 lbs ground beef          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(1) bag of broccoli</p>	<p><b><u>Produce:</u></b>          *(2) green cabbage          *1 lb green beans          *(4) onions          *(3) green bell peppers          *1 lb carrots          *(1) jalapeno pepper          *garlic          *(1) red onion          *zest of an orange          *guacamole          *(2) 3pk Romaine lettuce          *(3) tomatoes          *(1) head of cauliflower</p> <p><b><u>Canned/Jarred:</u></b>          *2 c. chicken broth          *4 oz diced green chilies          *salsa          *(1) 15 oz black beans          *(1) 8 oz tomato sauce          *dill pickles          *mayo          *ketchup          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *cooking spray          *salt &amp; pepper          *onion powder          *garlic powder          *2/3 c. brown rice, not cooked          *cumin          *cayenne pepper          *oregano          *paprika          *(1) 10 pack low carb tortilla shells          *Italian seasoning          *Worcestershire sauce          *sesame seeds          *hot sauce          *on plan sweetener          *almond flour</p>
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## Week #5: August 30 – September 5

<p><b><u>Dairy:</u></b> *3 c. cheddar cheese *Ricotta cheese *(2) eggs *4 c. mozzarella cheese *4 T. 1/3 less fat cream cheese *3/4 c. 0% Plain Greek yogurt</p> <p><b><u>Meat:</u></b> *4 lbs ground beef *2 lbs boneless skinless chicken breasts *pepperoni *2 lbs ground turkey *1/2 lb bacon</p> <p><b><u>Frozen:</u></b> *(1) bag of broccoli *(1) bag of cauliflower rice</p>	<p><b><u>Produce:</u></b> *1 ½ lbs small bell peppers *(2) onions *green onions *cilantro *(1) 2-3 lb spaghetti squash *garlic *(1) 3 pk Romaine lettuce *(3) tomatoes *(1) red onion *(1) green bell pepper *(2) heads of broccoli</p> <p><b><u>Canned/Jarred:</u></b> *(2) 15 oz mild chili beans *spaghetti sauce *(1) 15 oz black beans *(1) 15 oz pinto beans *(1) 15 oz corn *pizza sauce *mayo</p>	<p><b><u>Dry Grocery:</u></b> *nutritional yeast, optional *minced onion *garlic powder *paprika *red pepper flakes *salt &amp; pepper *turmeric, optional *on plan sweetener *6 c. brown rice, cooked *apple cider vinegar *chili powder *liquid smoked *dried parsley *taco seasoning *baked blue tortilla chips *olive oil *white vinegar *oregano *lemon pepper seasoning *almond flour *sunflower seeds, optional</p>
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