

# April 2021 Week by Week Shopping List

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## Week #1: March 28 – April 3

<p><b><u>Dairy:</u></b>          *(4) eggs          *16 oz 1% cottage cheese          *2 ½ 8 oz 1/3 less fat cream cheese          *6 c. mozzarella cheese          *Parmesan cheese          *heavy cream</p> <p><b><u>Meat:</u></b>          *4 lbs ground turkey          *(4) chicken sausage links          *2 lbs ground beef          *1 lb boneless skinless chicken breasts          *8 oz bacon          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(2) bags of seasoning blend</p>	<p><b><u>Produce:</u></b>          *(4) onions          *garlic          *1 lb mushrooms          *(2) 3 pk Romaine lettuce          *(2) green bell peppers          *(1) lime          *small bag of spinach          *(4) zucchini          *(1) large carrot          *celery          *(5) jalapenos          *green onions</p> <p><b><u>Canned/Jarred:</u></b>          *12 c. chicken broth          *(2) 5 oz bamboo shoots          *(2) 8 oz tomato sauce          *(2) 14.5 oz fire roasted tomatoes          *(1) 6 oz tomato paste          *(3) 14 oz pizza sauce          *(1) 10.5 oz Rotel          *(1) 15 oz red beans</p>	<p><b><u>Dry Grocery:</u></b>          *ground ginger          *coconut oil          *apple cider vinegar          *blackstrap molasses          *soy sauce          *gluccie or xanthan gum          *salt &amp; pepper          *garlic power          *red pepper flakes          *sesame oil          *on plan sweetener          *balsamic vinegar          *1 c. brown rice, not cooked          *taco seasoning          *1 lb lentils          *oregano          *cayenne pepper          *parsley          *Ranch dressing, for salad          *chili powder          *cumin          *almond flour          *Tony Chachere's seasoning          *ground sage          *1 ½ c. quinoa, not cooked</p>
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## Week #2: April 4-10

<p><b><u>Dairy:</u></b>          *2 ½ c. egg whites          *2 ½ c. cheddar cheese          *sour cream          *(6) wedges of Light Laughing Cow Cheese (not whole wheels)          *(3) eggs          *2 c. mozzarella cheese          *4 oz 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>          *5 lbs boneless skinless chicken breasts          *3 lbs ground beef          *1 lb ground Italian sausage          *pepperoni</p> <p><b><u>Frozen:</u></b>          *1 c. peas          *(8) bags of cauli rice          *(1) bag of broccoli          *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>          *1 lb carrots          *green onions          *garlic          *(1) 3 pk Romaine lettuce          *celery          *(1) onion          *1 lb mushrooms</p> <p><b><u>Canned/Jarred:</u></b>          *salsa          *spaghetti sauce          *6 c. chicken broth          *14 oz pizza sauce          *(2) 15 oz green beans</p>	<p><b><u>Dry Grocery:</u></b>          *coconut oil spray          *salt &amp; pepper          *sesame oil          *4 c. brown rice, not cooked          *soy sauce          *red pepper flakes          *taco seasoning          *chicken bouillon          *marjoram          *Ranch dressing, for salad          *bay leaf          *3 oz Dreamfield's pasta          *parsley          *garlic powder          *oregano          *chili powder          *paprika          *cumin</p>
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### Week #3: April 11-17

<p><b><u>Dairy:</u></b>          *heavy cream          *2 ½ 8 oz 1/3 less fat cream cheese          *14 oz 1% cottage cheese          *6 c. mozzarella cheese          *(2) eggs</p> <p><b><u>Meat:</u></b>          *4 lbs boneless skinless chicken breasts          *3 lbs diced beef stew meat          *3 lbs ground beef          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(1) bag of peas          *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>          *(2) heads of broccoli          *(2) red bell peppers          *garlic          *(1) 3 pk Romaine lettuce          *(5) onions          *(1)lime          *(4) green bell peppers          *8 oz mushrooms          *16 oz spinach          *(1) medium carrot</p> <p><b><u>Canned/Jarred:</u></b>          *2 ½ c. chicken broth          *salsa          *(2) 10.5 oz Rotel          *(2) 14.5 oz fire roasted tomatoes          *4 oz sliced black olives          *6 oz tomato paste          *20 oz spaghetti sauce          *5 ½ c. beef broth          *pizza sauce          *4 oz diced green chilies          *15 oz black beans</p>	<p><b><u>Dry Grocery:</u></b>          *coconut oil          *3 2/3 c. brown rice, not cooked          *soy sauce          *Frank's Red Hot sauce          *on plan sweetener          *red pepper flakes          *2 c. dry black beans          *chili powder          *paprika          *salt &amp; pepper          *onion powder          *oregano          *rosemary          *cayenne pepper          *Ranch dressing, for salad          *taco seasoning          *almond flour          *cumin</p>
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### Week #4: April 18-24

<p><b><u>Dairy:</u></b>          *1 ½ 8 oz 1/3 less fat cream cheese          *1 c. 0% Plain Greek yogurt          *(3) eggs          *2 c. egg whites          *2 c. mozzarella cheese          *unsweetened almond milk          *12 oz 2% cottage cheese          *Parmesan cheese          *2 c. cheddar cheese</p> <p><b><u>Meat:</u></b>          *2 lbs ground turkey          *5 lbs boneless skinless chicken breasts          *8 slices of bacon          *1 lb ground beef          *1 lb Italian ground sausage          *pepperoni</p>	<p><b><u>Produce:</u></b>          *(3) onions          *garlic          *(1) large head of green cabbage          *green onions          *(2) 3 pk Romaine lettuce          *(1) green bell pepper          *(1) cucumber          *1 lb carrots          *(1) medium zucchini</p> <p><b><u>Canned/Jarred:</u></b>          *15 oz black beans          *15 oz kidney beans          *(3) 14 oz diced tomatoes          *15 oz corn          *spaghetti sauce          *2 c. vegetable broth          *(2) 15 oz Great Northern beans          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *sesame oil          *ground ginger          *soy sauce          *red pepper flakes          *chili powder          *cumin          *salt &amp; pepper          *garlic powder          *parsley          *onion powder          *on plan sweetener          *Ranch dressing, for salad          *olive oil          *Italian seasoning          *bay leaf          *oregano          *creole seasoning          *dried onion flakes</p>
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## Week #5: April 25 – May 1

<p><b><u>Dairy:</u></b> *1 ½ c. egg whites *sour cream *3 c. cheddar cheese *(1 ½) 8 oz 1/3 less fat cream cheese *5 c. mozzarella cheese *3 T. butter *heavy cream *Parmesan cheese *(2) eggs</p> <p><b><u>Meat:</u></b> *3 lbs boneless skinless chicken breasts *3 lbs ground beef *(6) boneless skinless chicken thighs *2 ½ lbs chicken tenderloins *pepperoni</p> <p><b><u>Frozen:</u></b> *1 c. peas *(4) bags of cauli rice *green beans *2/3 c. okra</p>	<p><b><u>Produce:</u></b> *1 lb carrots *green onions *garlic *(1) 3 pk Romaine lettuce *(3) onions *(2) green bell peppers *small bag of spinach *1/2 head of green cabbage</p> <p><b><u>Canned/Jarred:</u></b> *4 oz diced green chilies *(3) 8 oz tomato sauce *6 ½ c. chicken broth *1/2 jar of 7oz sun dried tomatoes *(2) 15 oz black beans *(3) 14 oz diced tomatoes *pizza sauce *2/3 c. beef broth</p>	<p><b><u>Dry Grocery:</u></b> *coconut oil *salt &amp; pepper *sesame oil *2 c. brown rice, not cooked *soy sauce *red pepper flakes *(1) 10 pack low carb tortillas *taco seasoning *chili powder *garlic powder *onion powder *cumin *oregano *avocado oil *paprika *Italian seasoning *gluconate or xanthan gum *Ranch dressing, for salad *1 c. quinoa, not cooked *chili seasoning *almond flour *Worcestershire sauce *cayenne pepper *liquid aminos</p>
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