

# October 2021 Shopping List

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## Week #1: September 26 – October 2

<p><b><u>Dairy:</u></b>                  *(2) 8 oz 1/3 less fat cream cheese                  *5 c. mozzarella cheese                  *(2) eggs                  *1 ½ c. egg whites</p> <p><b><u>Meat:</u></b>                  *4 ½ lbs boneless skinless chicken breasts                  *(6) boneless skinless chicken thighs                  *1 lb ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *2 c. peas                  *(3) bags of cauliflower rice                  *1/2 c. okra</p>	<p><b><u>Produce:</u></b>                  *1 lb carrots                  *(1) red onion                  *(3) green bell peppers                  *(1) 3 pk Romaine lettuce                  *garlic                  *celery                  *1 ½ c. mushrooms                  *green onions</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 15 oz black beans                  *(2) 10.5 oz Rotel                  *salsa                  *(2) 15 oz green beans                  *1/2 c. chicken broth                  *(1) 6 oz tomato paste                  *4 c. vegetable broth                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *1 c. lentils                  *lemon juice                  *dried thyme                  *dried parsley                  *Dijon mustard                  *salt &amp; pepper                  *on plan sweetener                  *olive oil                  *3 c. brown rice, not cooked                  *chili powder                  *paprika                  *red pepper flakes                  *creole seasoning                  *bay leaf                  *basil                  *oregano                  *coconut oil                  *Ranch dressing, for salad                  *taco seasoning                  *almond flour                  *sesame oil                  *soy sauce</p>
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## Week #2: October 3-9

<p><b><u>Dairy:</u></b>                  *1/2 stick of butter                  *sour cream                  *(3) eggs                  *1 c. egg whites                  *2 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>                  *3 lbs boneless chuck roast                  *2 lbs ground beef                  *2 ½ lbs boneless skinless chicken breasts                  *1 lb ground Italian sausage                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(2) 16 oz broccoli                  *(4) bags of cauliflower rice                  *(2) bags of seasoning blend</p>	<p><b><u>Produce:</u></b>                  *(3) onions                  *garlic                  *1” cube of ginger                  *green onions                  *(1) green bell pepper                  *(1) lime                  *(1) 3 pk Romaine lettuce                  *1 lb carrots                  *(1) zucchini                  *small bag of spinach</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 8 oz tomato sauce                  *Frank's Red Hot Sauce                  *spaghetti sauce                  *2 c. vegetable broth                  *(1) 14 oz diced tomatoes                  *(2) 15 oz Great Northern beans                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *red pepper flakes                  *soy sauce                  *rice wine vinegar                  *on plan sweetener                  *sesame oil                  *sesame seeds                  *1 c. brown rice, not cooked                  *taco seasoning                  *apple cider vinegar                  *parsley                  *oregano                  *garlic powder                  *onion powder                  *salt &amp; pepper                  *Ranch dressing, for salad                  *Italian seasoning                  *bay leaf                  *coconut oil spray</p>
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## Week #3: October 10-16

<p><b><u>Dairy:</u></b>          *3 c. cheddar cheese          *2 T. butter          *heavy cream          *4 c. mozzarella cheese          *(2) eggs          *4 oz 1/3 less fat cream cheese          *4 oz sharp cheddar or Swiss cheese</p> <p><b><u>Meat:</u></b>          *3 ½ lbs boneless skinless chicken breasts          *3 lbs ground beef          *2 lbs ground Italian sausage          *pepperoni</p> <p><b><u>Frozen:</u></b>          *(1) bag of peas          *(2) bags of broccoli          *2 c. okra</p>	<p><b><u>Produce:</u></b>          *(2) heads of broccoli          *(2) red bell peppers          *garlic          *(5) onions          *(3) green bell peppers          *green onions          *green cabbage          *6 c. kale          (4) medium size yellow squash          *1 lb mushrooms</p> <p><b><u>Canned/Jarred:</u></b>          *14 c. chicken broth          *Frank's Red Hot sauce          *(1) 4 oz diced green chilies          *(3) 8 oz tomato sauce          *(2) 15 oz black beans          *(1) 14 oz diced tomatoes          *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *coconut oil          *2 c. brown rice, not cooked          *soy sauce          *on plan sweetener          *red pepper flakes          *taco seasoning          *(1) 10 pack low carb tortillas          *chili powder          *onion powder          *garlic powder          *salt &amp; pepper          *cumin          *oregano          *1 c. quinoa, not cooked          *chili seasoning          *Italian seasoning          *almond flour          *ground sage          *nutritional. yeast</p>
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## Week #4: October 17-23

<p><b><u>Dairy:</u></b>          *2 ½ c. egg whites          *sour cream          *1 c. cheddar cheese          *2 T. butter          *8 oz 1/3 less fat cream cheese          *14 oz 1% cottage cheese          *4 c. mozzarella cheese          *(3) eggs</p> <p><b><u>Meat:</u></b>          *1 ½ lbs boneless skinless chicken breasts          *3 lbs ground beef          *1 lb Polish kielbasa          *1 lb ground Italian sausage          *pepperoni          *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b>          *1 c. peas          *(5) bags of cauliflower 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          *(1) large green cabbage          *(3) onions          *16 oz spinach          *(1) green bell pepper</p> <p><b><u>Canned/Jarred</u></b>          *salsa          *4 1/3 c. chicken broth          *20 oz spaghetti sauce          *(1) 15 oz kidney beans          *(1) 15 oz Great Northern beans          *(2) 14 oz diced tomatoes          *14 oz pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>          *coconut oil spray          *salt &amp; pepper          *sesame oils          *2 c. brown rice, not cooked          *soy sauce          *red pepper flakes          *taco seasoning          *Ranch dressing, for salad          *oregano          *onion powder          *garlic powder          *cayenne          *on plan sweetener          *chili seasoning          *1/2 lb lentils          *ground ginger</p>
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## Week #5: October 24-30

<p><b><u>Dairy:</u></b> *(2) 8 oz 1/3 less fat cream cheese *(2) eggs *4 c. mozzarella cheese</p> <p><b><u>Meat:</u></b> *7 lbs boneless skinless chicken breasts *1 lb ground beef *pepperoni *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b> *(1) bag of broccoli *(2) bags of cauliflower rice *(2) bags of seasoning blend *1 ½ c. okra</p>	<p><b><u>Produce:</u></b> *(1) head of Iceberg lettuce *(2) zucchini *(1) red onion *green onions *garlic *cilantro *(2) 3 pk Romaine lettuce *(2) onions *(2) green bell peppers</p> <p><b><u>Canned/Jarred:</u></b> *hot sauce *(2) 15 oz black beans *salsa *(2) 10.5 oz Rotel *16 oz + 1 c. salsa verde *spaghetti sauce *(1) 15 oz Great Northern beans *3 c. chicken broth *pizza sauce *(2) 14 oz diced tomatoes *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b> *olive oil *garlic powder *onion powder *lemon pepper *red pepper flakes *ground ginger *salt &amp; pepper *peanut butter *liquid aminos or soy sauce *white vinegar *on plan sweetener *2 c. brown rice, not cooked *chili powder *cumin *Ranch dressing, for salad *almond flour *cayenne pepper</p>
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