

Week #1: February 27 – March 5

<p><b><u>Dairy:</u></b>                  *3 c. cheddar cheese                  *1 ½ 8 oz 1/3 less fat cream cheese                  *heavy cream                  *4 c. mozzarella cheese                  *(2) eggs</p> <p><b><u>Meat:</u></b>                  *6 lbs boneless skinless chicken breasts                  *1 lb ground beef                  *1 lb ground turkey                  *8 oz bacon                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(2) bags of stir-fry veggies                  *(2) bags of cauliflower rice                  *1 c. peas</p>	<p><b><u>Produce:</u></b>                  *garlic                  *(4) onions                  *(2) green bell peppers                  *3 pk Romaine lettuce                  *(2) colored bell peppers                  *3 c. Swiss chard                  *pint of cherry tomatoes                  *11 oz spinach                  *1 lb carrots                  *celery                  *(5) jalapenos                  *green onions                  *(1) small red onion                  *(1) lemon</p> <p><b><u>Canned/Jarred:</u></b>                  *9 ½ c. chicken broth                  *(1) 4 oz diced green chilies                  *(2) 8 oz tomato sauce                  *(1) 15 oz Great Northern beans                  *2 T. tomato paste                  *(1) 28 oz crushed tomatoes                  *(1) 14 oz diced tomatoes                  *(1) 10.5 oz Rotel                  *pizza sauce                  *Dijon mustard</p>	<p><b><u>Dry Grocery:</u></b>                  *Bragg's or soy sauce                  *Extra virgin olive oil                  *on plan sweetener                  *red pepper flakes                  *taco seasoning                  *(1) 10 pack low carb tortillas                  *chili powder                  *onion powder                  *garlic powder                  *salt &amp; pepper                  *oregano                  *1 c. pearled barley                  *basil                  *1/2 c. brown rice, not cooked                  *coconut oil                  *bay leaves                  *balsamic vinegar                  *almond flour                  *1 c. lentils                  *thyme                  *parsley</p>
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Week #2: March 6-12

<p><b><u>Dairy:</u></b>                  *6 c. mozzarella cheese                  *(2) eggs                  *4 T. 1/3 less fat cream cheese                  *Parmesan cheese</p> <p><b><u>Meat:</u></b>                  *4 ½ lbs boneless skinless chicken breasts                  *6 lbs ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of peas                  *2 c. cauliflower florets                  *(2) bags of cauliflower rice                  *12 oz green beans</p>	<p><b><u>Produce:</u></b>                  *(2) heads of broccoli                  *(2) red bell peppers                  *garlic                  *(2) onions                  *cilantro                  *(3) large bags of spinach                  *(2) limes                  *(1) 3 pk Romaine lettuce                  *(4) green bell peppers                  *8 oz mushrooms                  *(3) medium zucchini</p> <p><b><u>Canned/Jarred:</u></b>                  *1 c. chicken broth                  *(1) 15 oz fat free refried beans                  *(1) 10.5 oz Rotel                  *(1) 15 oz corn                  *(2) 14 oz diced tomatoes                  *2 T. tomato paste                  *spaghetti sauce                  *(1) 14 oz diced petite tomatoes                  *(1) 8 oz tomato sauce                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *coconut oil                  *2 c. brown rice, not cooked                  *soy sauce                  *Frank's Red Hot Sauce                  *on plan sweetener                  *chicken bouillon                  *garlic powder                  *chili powder                  *curry powder                  *cumin                  *paprika                  *lemon pepper                  *salt &amp; pepper                  *Ranch dressing, for salad                  *nutritional yeast                  *onion powder                  *bay leaf                  *almond flour</p>
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## Week by Week Shopping List – March 2022

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### Week #3: March 13-19

<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  *salt &amp; pepper  *garlic powder  *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  *1 ½ c. quinoa, not cooked</p>
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### Week #4: March 20-26

<p><b><u>Dairy:</u></b>  *1 c. cheddar cheese  *sour cream  *4 c. mozzarella cheese  *4 oz 1/3 less fat cream cheese  *(2) eggs</p> <p><b><u>Meat:</u></b>  *6 lbs boneless skinless chicken breasts  *2 lbs ground beef  *pepperoni  *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b>  *(1) bag of cauliflower rice  *(1) bag of broccoli  *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>  *(1) 3 pk Romaine lettuce  *(7) onions  *garlic  *celery  *(1) head of green cabbage  *(3) green bell peppers</p> <p><b><u>Canned/Jarred:</u></b>  *(2) 15 oz stewed tomatoes  *salsa  *(1) 8 oz tomato sauce  *4 c. chicken broth  *(1) 15 oz kidney beans  *(1) 15 oz GNB  *(4) 14 oz diced tomatoes  *pizza sauce  *(1) 15 oz pinto beans  *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b>  *soy sauce  *apple cider vinegar  *sesame oil  *blackstrap molasses  *ground ginger  *salt &amp; pepper  *on plan sweetener  *gluccie or xanthan  *seasme seeds  *coconut oil  *(1) taco seasoning  *Better Than Bouillon Chicken  *2 c. quinoa, not cooked  *1 c. wild rice, not cooked  *curry powder  *Chinese 5 Spice  *Italian seasoning  *Ranch dressing, for salad  *olive oil  *chili seasoning  *1/2 lb lentils  *almond flour  *garlic powder  *2 c. brown rice, not cooked  *chili powder  *cumin  *cayenne pepper</p>
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# Week by Week Shopping List – March 2022

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## Week #5: March 27 – April 2

<p><b><u>Dairy:</u></b> *2 ½ c. egg whites *(1) Stick of butter *sour cream *(3) eggs *3 c. mozzarella cheese *4 oz 1/3 less fat cream cheese *heavy cream *Parmesan cheese</p> <p><b><u>Meat:</u></b> *8 ½ lbs boneless skinless chicken breasts *1 lb ground beef *1 lb ground Italian sausage *pepperoni</p> <p><b><u>Frozen:</u></b> *1 c. peas *(4) bags of cauliflower rice *(3) bags of seasoning blend</p>	<p><b><u>Produce:</u></b> *1 lb carrots *green onions *garlic *(2) 3 pk Romaine lettuce *(1) onion *(1) zucchini *large bag of spinach *(2) medium spaghetti squash</p> <p><b><u>Canned/Jarred:</u></b> *(6) 15 oz Great Northern beans *4 c. chicken broth *(2) 10.5 oz Rotel *(2) 14 oz diced tomatoes *(1) 15 oz corn *spaghetti sauce *14 oz pizza sauce</p>	<p><b><u>Dry Grocery:</u></b> *coconut oil spray *salt &amp; pepper *sesame oil *4 c. brown rice, cooked *soy sauce *red pepper flakes *cumin *chili powder *onion powder *Garlic powder *Frank's Red Hot Sauce *apple cider vinegar *parsley *oregano *Ranch dressing, for salad *Italian seasoning *bay leaf</p>
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