

# Week by Week Shopping List – May 2022

darciesdish.com

## Week #1: May 1-7

<p><b><u>Dairy:</u></b>          *1/2 stick of butter          *sour cream          *1 c. cheddar cheese          *(3) eggs          *1 c. egg whites          *2 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>          *4 ½ lbs boneless skinless chicken breasts          *14 oz Polish kielbasa          *2 lbs ground beef          *1 lb Italian sausage          *pepperoni          *2 lbs ground turkey</p> <p><b><u>Frozen:</u></b>          *(1) bag of peas          *(3) bags of cauliflower rice          *(1) bag of broccoli          *(2) bags of seasoning blend</p>	<p><b><u>Produce:</u></b>          *(2) heads of broccoli          *(2) red bell peppers          *garlic          *(2) 3 pk Romaine lettuce          *(1) large green cabbage          *(2) onions          *(1) green bell pepper</p> <p><b><u>Canned/Jarred:</u></b>          *1 1/3 c. chicken stock          *Frank's Red Hot Sauce          *(1) 8 oz tomato sauce          *salsa          *pizza sauce          *(3) 10.5 oz Rotel          *(1) 15 oz pinto beans          *(1) 15 oz corn</p>	<p><b><u>Dry Grocery:</u></b>          *coconut oil          *3 c. brown rice, not cooked          *soy sauce          *on plan sweetener          *red pepper flakes          *cumin          *chili powder          *salt &amp; pepper          *liquid smoke          *Ranch dressing, for salad          *Italian seasoning          *taco seasoning          *garlic powder          *oregano          *cayenne pepper</p>
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## Week #2: May 8-14

<p><b><u>Dairy:</u></b>          *3 c. cheddar cheese          *sour cream          *½ c. 0% Plain Greek yogurt          *(3) eggs          *1 c. egg whites          *2 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>          *4 lbs ground turkey          *4 lbs ground beef          *1 ½ lbs boneless skinless chicken breasts          *1 lb Italian sausage          *pepperoni          *(6) slices of bacon</p> <p><b><u>Frozen:</u></b>          *(5) bags of cauliflower rice          *(1) bag of seasoning blend</p>	<p><b><u>Produce:</u></b>          *(2) onions          *garlic          *green onions          *(1) green bell pepper          *(2) 3 pk Romaine lettuce          *(1) pint of cherry tomatoes          *1/2 of a green cabbage          *(1) small purple cabbage</p> <p><b><u>Canned/Jarred:</u></b>          *(1) 4 oz diced green chilies          *(2) 8 oz tomato sauce          *(3) 15 oz black beans          *(1) 14 oz diced tomatoes          *5 c. chicken broth          *spaghetti sauce          *(2) 15 oz pinto beans          *(1) 15 oz corn          *pizza sauce          *mayo</p>	<p><b><u>Dry Grocery:</u></b>          *sesame oil          *soy sauce          *ground ginger          *salt &amp; pepper          *2 c. brown rice, not cooked          *(1) taco seasoning          *(1) 10 pack low carb tortillas          *chili powder          *onion powder          *garlic powder          *cumin          *oregano          *1 c. quinoa, not cooked          *chili seasoning          *Ranch dressing, for salad          *paprika          *dried parsley          *coconut oil spray          *red pepper flakes          *on plan sweetener          *apple cider vinegar          *1/2 c. sliced almonds</p>
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**Week #3: May 15-21**

<p><b><u>Dairy:</u></b>                  *(1 ½) 8 oz 1/3 less fat cream cheese                  *14 oz 1% cottage cheese                  *6 c. mozzarella cheese                  *1 T. butter                  *4 oz sharp cheddar cheese                  *(2) eggs                  *8 oz 2% cottage cheese                  *unsweetened almond milk                  *Parmesan cheese</p> <p><b><u>Meat:</u></b>                  *2 ½ lbs boneless skinless chicken thighs                  *4 lbs boneless skinless chicken breasts                  *2 lbs ground beef                  *13 to 16 oz smoked sausage                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(1) bag of stir-fry veggies                  *(2) bags of seasoning blend                  *(2) bags of broccoli                  *2 c. peas</p>	<p><b><u>Produce:</u></b>                  *(2) large zucchini                  *(2) 3 pack Romaine lettuce                  *24 oz spinach                  *(2) onions                  *(1) green bell pepper                  *1 c. mushrooms                  *cilantro</p> <p><b><u>Canned/Jarred:</u></b>                  *15 oz full fat coconut milk                  *1 c. chicken broth                  *(2) 15 oz black beans                  *(1) 10.5 oz Rotel *salsa                  *1 c. salsa verde                  *20 oz spaghetti sauce                  *pizza sauce                  *(1) 15 oz garbanzo beans *prepared horseradish</p>	<p><b><u>Dry Grocery:</u></b>                  *peanut butter                  *red curry paste                  *fish sauce                  *cayenne pepper                  *ground ginger                  *on plan sweetener                  *chicken bouillon                  *curry powder                  *dill weed                  *Worcestershire sauce                  *glucie or xanthan gum                  *salt &amp; pepper                  *red pepper flakes                  *2 ½ c. brown rice, not cooked *chili powder                  *cumin                  *oregano                  *onion powder *                  garlic powder                  *extra virgin olive oil                  *balsamic vinegar                  *apple cider vinegar                  *peanuts                  *soy sauce                  *almond flour</p>
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**Week #4: May 22-28**

<p><b><u>Dairy:</u></b>                  *1 ½ c. egg whites                  *5 c. mozzarella cheese                  *(1) stick of butter                  *sour cream                  *8 oz cheddar cheese                  *1/2 c. 0% Plain Greek yogurt                  *(2) eggs                  *4 oz sharp cheddar cheese                  *4 oz 1/3 less fat cream cheese</p> <p><b><u>Meat:</u></b>                  *6 lbs boneless skinless chicken breasts                  *3 lbs ground beef                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *1 c. peas                  *(1) bag of cauliflower rice                  *(1) bag of seasoning blend                  *(1) bag of broccoli *</p>	<p><b><u>Produce:</u></b>                  *1 lb carrots                  *green onions                  *garlic                  *(5) onions                  *(2) green bell peppers                  *small bag of spinach                  *(1) zucchini                  *(1) 3 pk Romaine lettuce                  *(3) tomatoes                  *(4) yellow squash                  *1 lb mushrooms</p> <p><b><u>Canned/Jarred:</u></b>                  *3 ½ c. chicken stock                  *4 oz diced green chilies                  *3/4 c. salsa                  *(1) 15 oz black beans                  *(1) 14 oz diced tomatoes                  *(2) 15 oz Great Northern beans *dill pickles                  *mayo                  *ketchup                  *pizza sauce</p>	<p><b><u>Dry Grocery:</u></b>                  *coconut oil spray                  *sesame oil                  *soy sauce                  *2 2/3 c. brown rice, not cooked *red pepper flakes                  *cumin                  *salt &amp; pepper                  *cayenne pepper                  *apple cider vinegar                  *dried parsley                  *oregano                  *garlic powder                  *onion powder                  *Italian seasoning                  *bay leaf                  *Worcestershire sauce                  *paprika                  *sesame seeds                  *hot sauce                  *on plan sweetener                  *almond flour                  *ground sage, optional</p>
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Week #5: May 29 – June 4

<p><b><u>Dairy:</u></b>                  *(1) stick unsalted butter                  *6 oz feta cheese                  *(3) eggs                  *1 c. egg whites                  *2 c. mozzarella cheese</p> <p><b><u>Meat:</u></b>                  *4 lbs ground beef                  *2 ½ lb rump roast                  *4 ½ lbs boneless skinless chicken breasts                  *1 lb Italian sausage                  *pepperoni</p> <p><b><u>Frozen:</u></b>                  *(3) bags of cauliflower rice                  *(1) bag of seasoning blend                  *(1) bag of green beans                  *1 c. peas</p>	<p><b><u>Produce:</u></b>                  *(3) onions                  *garlic                  *(1) large green cabbage                  *green onions                  *(1) green bell pepper                  *(1) lime                  *(1) head of broccoli                  *(1) head of cauliflower                  *(3) turnips                  *1 lb carrots                  *(2) 3 pk Romaine lettuce                  *(4) lemons                  *(2) cucumbers                  *(2) tomatoes                  *(1) red onion</p> <p><b><u>Canned/Jarred:</u></b>                  *(2) 8 oz tomato sauce                  *Pepperoncini peppers                  *spaghetti sauce                  *black olives                  *pizza sauce                  *Dijon mustard</p>	<p><b><u>Dry Grocery:</u></b>                  *ground ginger                  *soy sauce                  *salt &amp; pepper                  *red pepper flakes                  *sesame oil                  *1 c. brown rice, not cooked                  *(1) taco seasoning                  *avocado oil                  *dried parsley                  *dried chives                  *garlic powder                  *onion powder                  *dried dill                  *1 c. brewed coffee                  *extra virgin olive oil                  *oregano                  *red wine vinegar                  *coconut oil spray                  *1 c. lentils                  *thyme                  *on plan sweetener</p>
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