

Week by Week Shopping List – July 2022

darciesdish.com

Week #1: June 26 – July 2

<p><u>Dairy:</u> *3 c. cheddar cheese *sour cream *1 ½ c. egg whites *1 T. butter *1 c. 0% Plain Greek yogurt *(2) eggs *4 T. 1/3 less fat cream cheese *4 c. mozzarella cheese *2 T. Parmesan cheese</p> <p><u>Meat:</u> *4 lbs ground turkey *5 lbs ground beef *1 ½ lbs boneless skinless chicken breasts *pepperoni *(6) slices of bacon</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(3) bags of cauliflower rice *1 c. peas</p>	<p><u>Produce:</u> *(2) 3 pk Romaine lettuce *(3) onions *garlic *1 lb carrots *green onions *(3) tomatoes *(2) green bell peppers *(1) cucumber *(1) medium green cabbage *(1) small red cabbage</p> <p><u>Canned/Jarred:</u> *(2) 14.5 oz diced tomatoes *(1) 15 oz pinto beans *(1) 15 oz corn *salsa *1/2 c. beef broth *dill pickles or relish *mayo *ketchup *pizza sauce</p>	<p><u>Dry Grocery:</u> *8 c. brown rice, cooked *chili powder *garlic powder *cumin *salt & pepper *cayenne pepper, optional *sesame oil *ground ginger *red pepper flakes *coconut oil *Worcestershire sauce *paprika *sesame seeds *Tabasco sauce *on plan sweetener *almond flour *onion powder *dried parsley *dried chives *apple cider vinegar *peanuts *taco seasoning</p>
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Week #2: July 3-9

<p><u>Dairy:</u> *3 c. cheddar cheese *sour cream, for topping *(6) Light Laughing Cow cheese wedges *Parmesan cheese *1/2 c. 0% Plain Greek yogurt *4 T 1/3 less fat cream cheese *4 c. mozzarella cheese *(2) eggs *1/2 stick of butter *2 c. sharp cheddar cheese</p> <p><u>Meat:</u> *5 lbs boneless skinless chicken breasts *3 lbs ground beef *pepperoni *2 lbs steak *4 oz bacon</p> <p><u>Frozen:</u> *(1) bag of peas *(1) bag of broccoli *(2) bags of cauliflower rice *(2) 10 oz spinach *(2) 10 oz bags of cauliflower florets</p>	<p><u>Produce:</u> *(2) heads of broccoli *(2) red bell peppers *garlic *(2) 3 pk Romaine lettuce *(3) onions *(2) green bell peppers *(1) pint of cherry tomatoes *(1) lemon *green onions</p> <p><u>Canned/Jarred:</u> *2 ½ c. chicken broth *4 oz green chilies *(2) 8 oz tomato sauce *(2) 15 oz pinto beans *(1) 15 oz black beans *(1) 15 oz corn *pizza sauce *1/2 c. beef broth</p>	<p><u>Dry Grocery:</u> *4 c. brown rice, not cooked *coconut oil *xanthan gum or gluccie, optional *Bragg's Aminos or soy sauce *Sriracha *on plan sweetener *red pepper flakes *taco seasoning *(1) 10 pack low carb tortillas *chili powder *onion powder *garlic powder *salt & pepper *cumin *oregano *chicken bouillon cube *marjoram *cayenne pepper *paprika *parsley *almond flour *ground ginger *seasoned salt</p>
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Week #3: July 10-16

<p><u>Dairy:</u> *(1) stick of butter *sour cream *4 T 1/3 less fat cream cheese *4 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *1 ½ lbs smoked sausage *2 lbs ground beef *6 lbs boneless skinless chicken breasts *pepperoni</p> <p><u>Frozen:</u> *(1) bag of seasoning blend *(1) bag of cauliflower rice *(1) bag of broccoli</p>	<p><u>Produce:</u> *(1) green cabbage *(1) 3 pk Romaine lettuce *(2) green bell peppers *(2) onions *garlic *(2) limes *green onions *(1) bunch of cilantro</p> <p><u>Canned/Jarred:</u> *1/2 c. chicken broth *(2) 8 oz tomato sauce *spaghetti sauce *(2) 15 oz black beans *pizza sauce</p>	<p><u>Dry Grocery:</u> *salt & pepper *onion powder *garlic powder *Ranch dressing, for salad *2 c. brown rice, not cooked *taco seasoning *Frank's Red Hot Sauce *apple cider vinegar *parsley *garlic powder *onion powder *olive oil *red wine vinegar *basil *almond flour</p>
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Week #4: July 17-23

<p><u>Dairy:</u> *(1) stick of butter *8 oz + 4 T 1/3 less fat cream cheese *14 oz 1% cottage cheese *5 c. mozzarella cheese *4 oz sharp cheddar cheese *(2) eggs</p> <p><u>Meat:</u> *4 lbs ground beef *2 ½ lb rump roast *13 to 16 oz smoked sausage *pepperoni *1 ½ lbs boneless skinless chicken breasts</p> <p><u>Frozen:</u> *2/3 c. okra *(1) bag of broccoli *1 c. peas</p>	<p><u>Produce:</u> *(4) onions *garlic *1/2 head of green cabbage *(2) green bell peppers *(2) 3 pk Romaine lettuce *(1) turnip *1 lb carrots *(2) 16 oz spinach *(1) small red onion *(1) lemon</p> <p><u>Canned/Jarred:</u> *(2) 15 oz green beans *2/3 c. beef broth *(2) 14.5 oz diced tomatoes *(1) 8 oz tomato sauce *(2) 15 oz black beans *(1) 10.5 oz Rotel *salsa *pepperoncini peppers *20 oz spaghetti sauce *pizza sauce</p>	<p><u>Dry Grocery:</u> *coconut oil *salt & pepper *onion powder *paprika *Worcestershire sauce *cayenne pepper *chili powder *Ranch dressing, for salad *parsley *chives *garlic powder *dill *1 c. brewed coffee *oregano *on plan sweetener *extra virgin olive oil *balsamic vinegar *apple cider vinegar *Bragg's Aminos or soy sauce *peanuts *almond flour *1 c. lentils *thyme *Dijon mustard</p>
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Week #5: July 24-30

<p><u>Dairy:</u> *1 ½ c. egg whites *3 c. cheddar cheese *sour cream *1/2 c. 0% Plain Greek yogurt *(2) eggs *4 c. mozzarella cheese *4 T 1/3 less fat cream cheese</p> <p><u>Meat:</u> *4 lbs boneless skinless chicken breasts *4 lbs ground beef *pepperoni *2 lb beef tips</p> <p><u>Frozen:</u> *1 c. peas *(3) bags of cauliflower rice</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(2) 3 pk Romaine lettuce *(3) onions *(3) green bell peppers *(1) pint cherry tomatoes *(1) summer squash</p> <p><u>Canned/Jarred:</u> *4 oz diced green chilies *(2) 8 oz tomato sauce *1 ½ c. salsa verde *spaghetti sauce *(2) 15 oz pinto beans *(1) 15 oz black beans *(1) 15 oz corn *pizza sauce</p>	<p><u>Dry Grocery:</u> *salt & pepper *sesame oil *6 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 *on plan sweetener *lime juice *paprika *Ranch dressing, for salad *parsley *almond flour *olive oil *molasses *ground ginger *dry mustard</p>
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