

February 2023 THM Dinner Shopping List

darciesdish.com

Week #1: January 29 – February 4

<p><u>Dairy:</u> *1 c. cheddar cheese *sour cream *(2 ½) 8 oz 1/3 less fat cream cheese *Parmesan cheese *(1) stick of butter *heavy cream *4 c. mozzarella cheese *(2) eggs</p> <p><u>Meat:</u> *4 lbs ground turkey *1 lb ground beef *4 lbs boneless skinless chicken breasts *2 lbs ground sausage *pepperoni</p> <p><u>Frozen:</u> *(2) 10 oz spinach *(1) bag of broccoli *(2) 16 oz cauliflower florets *2 c. okra *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(4) onions *garlic *1 lb mushrooms *(1) 3 pk Romaine lettuce *(1) large zucchini *6 c. kale *(1) green bell pepper</p> <p><u>Canned/Jarred:</u> *4 quarts chicken broth *(2) 5 oz bamboo shoots *salsa *(3) 14 oz diced tomatoes *(2) 15 oz black beans *pizza sauce *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p><u>Dry Grocery:</u> *ground ginger *coconut oil *apple cider vinegar *black strap molasses *soy sauce *glucic or xanthan gum *salt & pepper *garlic powder *red pepper flakes *sesame oil *on plan sweetener *balsamic vinegar *taco seasoning *1 c. quinoa, not cooked *chili seasoning *onion powder *almond flour *2 c. brown rice, not cooked *chili powder *cumin *cayenne pepper</p>
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Week #2: February 5-11

<p><u>Dairy:</u> *6 c. mozzarella cheese *(2) eggs *4 T. 1/3 less fat cream cheese *Parmesan cheese</p> <p><u>Meat:</u> *4 ½ lbs boneless skinless chicken breasts *6 lb ground beef *pepperoni</p> <p><u>Frozen:</u> *(1) bag of peas *2 c. cauliflower florets *(2) bags of cauliflower rice *12 oz green beans</p>	<p><u>Produce:</u> *(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><u>Canned/Jarred:</u> *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><u>Dry Grocery:</u> *coconut oil *2 c. brown rice, not cooked *soy sauce *Frank's Red Hot sauce *on plan sweetener *red pepper flakes *chicken bouillon *garlic powder *chili powder *curry powder *cumin *paprika *lemon pepper *salt & pepper *Ranch dressing, for salad *nutritional yeast, optional *onion powder *bay leaf *almond flour</p>
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Week #3: February 12-18

<p><u>Dairy:</u> *2 ½ c. egg whites *3 c. cheddar cheese *sour cream *(5) eggs *Parmesan cheese *1/2 stick of butter *16 oz 2% cottage cheese *5 c. mozzarella cheese *(1) 8 oz 1/3 less fat cream cheese *4 oz sharp cheddar cheese</p> <p><u>Meat:</u> *3 lbs boneless skinless chicken breasts *4 lbs ground beef *pepperoni *1 lb ground Italian sausage</p> <p><u>Frozen:</u> *(3) bags of cauliflower rice *1 c. peas *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *1 lb carrots *green onions *garlic *(4) onions *(3) green bell peppers *(4) medium zucchini *(4) medium yellow squash *1 lb mushrooms</p> <p><u>Canned/Jarred:</u> *(1) 4 oz diced green chilies *(2) 15 oz black beans *(1) 14 oz diced tomatoes *(2) 8 oz tomato sauce *24 oz spaghetti sauce *(1) 10.5 oz Rotel *4 c. vegetable broth *5 c. chicken broth *14 oz pizza sauce</p>	<p><u>Dry Grocery:</u> *coconut oil *salt & pepper *4 c. brown rice, cooked *sesame oil *soy sauce *red pepper flakes *(2) taco seasoning *(1) 10 pack low carb tortillas *1 c. quinoa, not cooked *chili seasoning *chili powder *onion powder *garlic powder *cumin *oregano *Ranch dressing, for salad *Italian seasoning *coconut oil spray *ground sage *nutritional yeast, optional</p>
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Week #4: February 19-25

<p><u>Dairy:</u> *1 c. cheddar cheese *sour cream *4 c. mozzarella cheese *4 oz 1/3 less fat cream cheese *(2) eggs</p> <p><u>Meat:</u> *6 lbs boneless skinless chicken breasts *2 lbs ground beef *pepperoni *2 lbs ground turkey</p> <p><u>Frozen:</u> *(1) bag of cauliflower rice *(1) bag of broccoli *(1) bag of seasoning blend</p>	<p><u>Produce:</u> *(1) 3 pk Romaine lettuce *(7) onions *garlic *celery *(1) head of green cabbage *(3) green bell peppers</p> <p><u>Canned/Jarred:</u> *(2) 15 oz stewed tomatoes *salsa *(1) 8 oz tomato sauce *4 c. chicken stock *(1) 15 oz kidney beans *(1) 15 oz Great Northern beans *(4) 14 oz diced tomatoes *pizza sauce *(1) 15 oz pinto beans *(1) 15 oz corn</p>	<p>Grocery: *soy sauce *apple cider vinegar *sesame oil *blackstrap molasses *ground ginger *salt & pepper *on plan sweetener *gluconic or xanthan gum *sesame 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 #5: February 26 – March 4

<p><u>Dairy:</u> *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><u>Meat:</u> *8 ½ lbs boneless skinless chicken breasts *1 lb ground beef *1 lb ground Italian sausage *pepperoni</p> <p><u>Frozen:</u> *1 c. peas *(4) bags of cauliflower rice *(3) bags of seasoning blend</p>	<p><u>Produce:</u> *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><u>Canned/Jarred:</u> *(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><u>Grocery:</u> *coconut oil spray *salt & 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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