

Trim Healthy Mama Shopping List: 2/13-2/19/23

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<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
<ul style="list-style-type: none">*unsweetened almond milk*24 oz 2% cottage cheese*Heavy cream*large 0% plain Greek yogurt*(1) dozen eggs*sliced cheese, your choice*(1) cheese stick*1 c. egg whites*3 c. cheddar cheese*sour cream*Parmesan cheese*1/2 stick of butter*5 c. mozzarella cheese*8 oz 1/3 less fat cream cheese*4 oz sharp cheddar cheese	<ul style="list-style-type: none">*1/2 of a banana*(1) 3 pk Romaine lettuce*(2) apples*(5) green bell peppers*(2) cucumbers*1 lb carrots*green onions*garlic*(4) onions*(4) medium zucchini*(4) yellow squash*1 lb mushrooms	<ul style="list-style-type: none">*on plan sweetener*protein powder*peanut butter*peanuts*vanilla extract*Ranch dressing, for salad*cocoa powder*old fashioned oats*cinnamon*tea*collagen*coconut oil*salt & pepper*soy sauce*red pepper flakes*apple cider vinegar*sparkling water*THM Cherry Burst*THM Pineapple Burst*lime juice*(2) taco seasonings*(1) 10 pack low carb tortilla*1 c. quinoa, not cooked*chili seasoning*chili powder*onion powder*garlic powder*cumin*oregano*Italian seasoning*coconut oil spray*ground sage*nutritional yeast, optional*blackstrap molasses*ground ginger*gluconic or xanthan gum*sesame seeds*Baking Blend (or almond flour)
<p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none">*3 oz deli ham*4 1/2 lb boneless skinless chicken breasts*4 lbs ground beef*pepperoni*1 lb ground Italian sausage	<p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none">*mayo*mustard*dill pickles*(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 style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none">*strawberries*peaches*mixed berries*(2) bags of cauliflower rice*(1) bag of seasoning blend*(1) bag of broccoli		