

Trim Healthy Mama Shopping List: 2/20-2/26-23

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<p><u>Dairy:</u></p> <ul style="list-style-type: none">* (2) sm. 0% Plain Greek yogurt* unsweetened almond milk* 16 oz 2% cottage cheese* heavy cream* sliced cheese, your choice* (2) wedges of Light Laughing Cow Cheese (not full wheels)* (1) dozen eggs* 1/2 stick of butter* 1 c. cheddar cheese* sour cream* 4 c. mozzarella cheese* 4 oz 1/3 less fat cream cheese* 1 1/2 c. egg whites <p><u>Meat:</u></p> <ul style="list-style-type: none">* 3 oz deli ham* sausage links* 5 lbs boneless skinless chicken breasts* 2 lbs ground beef* pepperoni* 2 lb ground turkey <p><u>Frozen:</u></p> <ul style="list-style-type: none">* mixed berries* strawberries* peaches* (2) bags of cauliflower rice* (1) bag of seasoning blend* 1 c. peas	<p><u>Produce:</u></p> <ul style="list-style-type: none">* (2) apples* (2) 3 pk Romaine lettuce* (1) cucumber* (4) green bell peppers* celery* 1/2 banana* (7) onions* garlic* celery* (1) large green cabbage* 1 lb carrots* green onions <p><u>Canned/Jarred:</u></p> <ul style="list-style-type: none">* mayo* mustard* dill pickles* (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><u>Dry Grocery:</u></p> <ul style="list-style-type: none">* old fashioned oats* cinnamon* on plan sweetener* tea* collagen* apple cider vinegar* sparkling water* lime juice* THM Pineapple burst* THM Cherry burst* peanut butter* protein powder* 85% dark chocolate* vanilla extract* Ranch dressing, for salad* soy sauce* sesame oil* salt & pepper* 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* chili seasoning* 1/2 lb lentils* almond flour* garlic powder* chili powder* cumin* cayenne* coconut oil spray* red pepper flakes
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