

March 2023 Trim Healthy Mama Shopping List

darciesdish.com

Week #1: February 26 – March 4

<u>Dairy:</u>	<u>Produce:</u>	<u>Grocery:</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	*1 lb carrots *green onions *garlic *(2) 3 pk Romaine lettuce *(1) onion *(1) zucchini *large bag of spinach *(2) medium spaghetti squash	*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
<u>Meat:</u>	<u>Canned/Jarred:</u>	
*8 ½ lbs boneless skinless chicken breasts *1 lb ground beef *1 lb ground Italian sausage *pepperoni	*(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	
<u>Frozen:</u>		
*1 c. peas *(4) bags of cauliflower rice *(3) bags of seasoning blend		

Week #2: March 5-11

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
*(4) eggs *16 oz 1% cottage cheese *2 ½ 8 oz 1/3 less fat cream cheese *6 c. mozzarella cheese *Parmesan cheese *heavy cream	*(4) onions *garlic *1 lb mushrooms *(2) 3 pk Romaine lettuce *(2) green bell peppers *(1) lime *small bag of spinach *(4) zucchini *(1) large carrot *celery *(5) jalapenos *green onions	*ground ginger *coconut oil *apple cider vinegar *blackstrap molasses *soy sauce *gluconic or xanthan gum *salt & pepper *garlic powder *red pepper flakes *sesame oil *on plan sweetener *balsamic vinegar *1 c. brown rice, not cooked *taco seasoning *1 lb lentils *oregano *cayenne pepper *parsley *Ranch dressing, for salad *chili powder *cumin *almond flour *Tony Chachere's seasoning *ground sage *1 ½ c. quinoa, not cooked
<u>Meat:</u>	<u>Canned/Jarred:</u>	
*4 lbs ground turkey *(4) chicken sausage links *2 lbs ground beef *1 lb boneless skinless chicken breasts *8 oz bacon *pepperoni	*12 c. chicken broth *(2) 5 oz bamboo shoots *(2) 8 oz tomato sauce *(2) 14.5 oz fire roasted tomatoes *(1) 6 oz tomato paste *(3) 14 oz pizza sauce *(1) 10.5 oz Rotel *(1) 15 oz red beans	
<u>Frozen:</u>		
*(2) bags of seasoning blend		

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Week #3: March 12-18

<p style="text-align: center;"><u>Dairy:</u></p> <p>*2 ½ c. egg whites *2 ½ c. cheddar cheese *sour cream *(6) wedges of Light Laughing Cow Cheese (not whole wheels) *(3) eggs *2 c. mozzarella cheese *4 oz 1/3 less fat cream cheese</p> <p style="text-align: center;"><u>Meat:</u></p> <p>*5 lbs boneless skinless chicken breasts *3 lbs ground beef *1 lb ground Italian sausage *pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>*1 c. peas *(8) bags of cauli rice *(1) bag of broccoli *(1) bag of seasoning blend</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>*1 lb carrots *green onions *garlic *(1) 3 pk Romaine lettuce *celery *(1) onion *1 lb mushrooms</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>*salsa *spaghetti sauce *6 c. chicken broth *14 oz pizza sauce *(2) 15 oz green beans</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>*coconut oil spray *salt & pepper *sesame oil *4 c. brown rice, not cooked *soy sauce *red pepper flakes *taco seasoning *chicken bouillon *marjoram *Ranch dressing, for salad *bay leaf *3 oz Dreamfield's pasta *parsley *garlic powder *oregano *chili powder *paprika *cumin</p>
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Week #4: March 19-25

<p style="text-align: center;"><u>Dairy:</u></p> <p>*heavy cream *2 ½ 8 oz 1/3 less fat cream cheese *14 oz 1% cottage cheese *6 c. mozzarella cheese *(2) eggs</p> <p style="text-align: center;"><u>Meat:</u></p> <p>*4 lbs boneless skinless chicken breasts *3 lbs diced beef stew meat *3 lbs ground beef *pepperoni</p> <p style="text-align: center;"><u>Frozen:</u></p> <p>*(1) bag of peas *(1) bag of seasoning blend</p>	<p style="text-align: center;"><u>Produce:</u></p> <p>*(2) heads of broccoli *(2) red bell peppers *garlic *(1) 3 pk Romaine lettuce *(5) onions *(1) lime *(4) green bell peppers *8 oz mushrooms *16 oz spinach *(1) medium carrot</p> <p style="text-align: center;"><u>Canned/Jarred:</u></p> <p>*2 ½ c. chicken broth *salsa *(2) 10.5 oz Rotel *(2) 14.5 oz fire roasted tomatoes *4 oz sliced black olives *6 oz tomato paste *20 oz spaghetti sauce *5 ½ c. beef broth *pizza sauce *4 oz diced green chilies *15 oz black beans</p>	<p style="text-align: center;"><u>Dry Grocery:</u></p> <p>*coconut oil *3 2/3 c. brown rice, not cooked *soy sauce *Frank's Red Hot sauce *on plan sweetener *red pepper flakes *2 c. dry black beans *chili powder *paprika *salt & pepper *onion powder *oregano *rosemary *cayenne pepper *Ranch dressing, for salad *taco seasoning *almond flour *cumin</p>
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Week #5: March 26 – April 1

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
<ul style="list-style-type: none"> *1 ½ 8 oz 1/3 less fat cream cheese *1 c. 0% Plain Greek yogurt *(3) eggs *2 c. egg whites *2 c. mozzarella cheese *unsweetened almond milk *12 oz 2% cottage cheese *Parmesan cheese *2 c. cheddar cheese 	<ul style="list-style-type: none"> *(3) onions *garlic *(1) large head of green cabbage *green onions *(2) 3 pk Romaine lettuce *(1) green bell pepper *(1) cucumber *1 lb carrots *(1) medium zucchini 	<ul style="list-style-type: none"> *sesame oil *ground ginger *soy sauce *red pepper flakes *chili powder *cumin *salt & pepper *garlic powder *parsley *onion powder *on plan sweetener *Ranch dressing, for salad *olive oil *Italian seasoning *bay leaf *oregano *creole seasoning *dried onion flakes
<p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none"> *2 lbs ground turkey *5 lbs boneless skinless chicken breasts *8 slices of bacon *1 lb ground beef *1 lb Italian ground sausage *pepperoni 	<p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none"> *15 oz black beans *15 oz kidney beans *(3) 14 oz diced tomatoes *15 oz corn *spaghetti sauce *2 c. vegetable broth *(2) 15 oz Great Northern beans *pizza sauce 	