

Trim Healthy Mama Shopping List: 3/20-3/26/23**darciesdish.com**

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none">*unsweetened almond milk*heavy cream*(2) wedges of Light Laughing Cow Cheese*16 oz 2% cottage cheese*(2) small 0% Plain Greek yogurt*(1) dozen eggs*2 ½ 8 oz 1/3 less fat cream cheese blocks*14 oz 1% cottage cheese*6 c. Mozzarella cheese <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none">*2 lbs boneless skinless chicken breasts*3 lbs diced beef stew meat*3 lbs ground beef*pepperoni*2 lbs ground turkey <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none">*mixed berries*(1) bag of seasoning blend	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none">*(7) green bell peppers*(3) cucumbers*celery*(4) apples*(2) 3 pk Romaine lettuce*garlic*(6) onions*(1) lime*8 oz mushrooms*16 oz spinach*(1) medium carrot*(1) large green head of cabbage*green onions <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none">*(1) 8 oz tomato sauce*2 c. chicken broth*(2) 10.5 oz Rotel*salsa*(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 style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none">*peanut butter*protein powder*on plan sweetener*vanilla extract*onion powder*garlic powder*cayenne pepper*apple cider vinegar*sparkling water*THM Cherry Burst*THM Pineapple Burst*lime juice*old fashioned oats*cinnamon*tea*collagen*cocoa powder*Ranch dressing, for salad*85% dark chocolate*coconut oil*1 2/3 c. brown rice, not cooked*soy sauce*red pepper flakes*2 c. dry black beans*chili powder*paprika*salt & pepper*oregano*rosemary*taco seasoning*almond flour*cumin*sesame oil*ground ginger
---	--	---