

Trim Healthy Mama Shopping List: 4/3-4/9/23

darciesdish.com

<p><u>Dairy:</u></p> <ul style="list-style-type: none">* (2) cheese sticks* (1) dozen eggs* (2) sticks of butter* (1) 16 oz 2% cottage cheese* heavy cream* (1) sm. 0% Plain Greek yogurt* 1/2 gal unsweetened almond milk* 5 c. mozzarella* sour cream* 2 c. cheddar cheese <p><u>Meat:</u></p> <ul style="list-style-type: none">* (1) package sausage links* 6 oz deli ham* 1 1/2 lb smoked sausage* (6) boneless skinless chicken thighs* 3 lbs ground beef* 2 lbs ground turkey* pepperoni <p><u>Frozen:</u></p> <ul style="list-style-type: none">* (1) bag of strawberries* peaches* (2) bags of broccoli* (1) bag of cauliflower rice* (1) bag of seasoning blend	<p><u>Produce:</u></p> <ul style="list-style-type: none">* (2) apples* (1) 3 pk Romaine lettuce* (2) cucumbers* (4) green bell peppers* 1 lb strawberries* (1) banana* (3) onions* garlic* (2) heads of green cabbage* 1 lb carrots* (1) zucchini* (1) bag of spinach <p><u>Canned/Jarred:</u></p> <ul style="list-style-type: none">* (2) 8 oz tomato sauce* (2) quarts chicken stock* (6) 15 oz green beans* (3) 14.5 oz diced tomatoes* (2) 15 oz Great Northern beans* (1) 15 oz pinto beans* (1) 15 oz corn* pizza sauce* mayo* (1) 8 oz mushrooms	<p><u>Dry Grocery:</u></p> <ul style="list-style-type: none">* old fashioned oats* Brown Swerve sweetener, opt* cinnamon* almonds* apple cider vinegar* sparkling water* lime juice* THM Cherry Burst* THM Pineapple Burst* Ranch dressing, for salad* peanut butter* 85% dark chocolate* on plan sweetener* garlic powder* onion powder* cayenne pepper, optional* vanilla extract* protein powder* salt & pepper* avocado or olive oil* chili seasoning* 1/2 lb brown or green lentils* taco seasoning* Worcestershire sauce* paprika* oregano* basil* 3 c. cooked brown rice* soy sauce* red pepper flakes* almond flour* Peppermint tea, optional
---	---	---