Trim Healthy Mama Shopping List: 5/15-5/21/23 **darciesdish.com**

Dairy:	**Produce:**	**Dry Grocery:**
*unsweetened almond milk *24 oz 2% cottage cheese *heavy cream *(1) dozen eggs *large 0% Plain Greek yogurt *(1) stick of butter *sour cream *1 ½ c egg whites *4 c. mozzarella *4 T. 1/3 less fat cream cheese *1 ½ c. cheddar cheese **Meat:** *pepperoni *4 lbs ground beef *5 lbs boneless skinless chicken breasts **Frozen:** *(1) bag of strawberries *(1) bag of peas *(2) bags of cauli rice *(1) bag of seasoning blend	*(2) cucumbers (for fresh veg) *(3) apples *(2) 3 pk Romaine hearts *(1) bunch of celery *(1) peach *(1) banana *1 lb strawberries *1 lb green beans *(1) medium green cabbage *1 lb carrots *(1) red onion *(1) lemon *(1) pint cherry tomatoes *(3) onions *(2) green bell peppers *(1) bunch of green onions *garlic *(1) red bell pepper *(1) tomato **Canned/Jarred:** *mayo *mustard *Dijon mustard *Frank's Red Hot sauce *(2) 15 oz pinto beans *(1) 15 oz black beans *(1) 14 oz corn *(1) 8 oz tomato sauce *pizza sauce *1/2 c. chicken broth	*peanut butter *protein powder, optional *vanilla extract *on plan sweetener *apple cider vinegar *sparkling water *THM Cherry Natural Burst *THM Pineapple Natural Burst *lime juice *cinnamon *Ranch dressing (for salads) *85% dark chocolate *mint extract *1 c. brown or green lentils *thyme *dried parsley *extra virgin olive oil *oregano *garlic powder *onion powder *chili powder *cumin *paprika *Italian seasoning *sesame oil *4 c. cooked brown rice *soy sauce *red pepper flakes *almond flour *3 T. taco seasoning