

Trim Healthy Mama Shopping List: 5/22-5/28/23**darciesdish.com**

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none">* (1) dozen eggs* (2) sticks of butter* (3) cheese sticks* unsweetened almond milk* heavy cream* large container 0% Plain Greek yogurt* 16 oz 2% cottage cheese* 1 c. cheddar cheese* 1 c. grated Parmesan cheese* 4 c. Mozzarella cheese* 4 T. 1/3 less fat cream cheese <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none">* 3 1/2 lbs boneless skinless chicken breasts* 3 lbs ground beef* 4 lbs chicken wings* pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none">* (1) bag of seasoning blend	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none">* 1 lb strawberries* (1) bunch of celery* (5) onions* (2) cucumbers for fresh veg* (3) green bell peppers* (3) apples* (2) tomatoes* (1) medium green cabbage* (1) large zucchini* (2) 3 pk Romaine lettuce* 1 lb green beans* (1) bunch green onions <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none">* mayo* spaghetti sauce* 1/2 c. beef broth* dill pickles or relish* no sugar added ketchup* salsa* (2) 14 oz black beans* (4) 10.5 oz Rotel* pizza sauce* (1) 15 oz pinto beans* (1) 14 oz corn	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none">* Swerve Brown Sweetener* garlic powder* apple cider vinegar* sparkling water* on plan sweetener* THM Cherry natural burst* THM Pineapple natural burst* lime juice* vanilla extract* protein powder* peanut butter* unsweetened applesauce* cinnamon* mint extract* 85% dark chocolate* soy sauce* ground ginger* onion powder* rice vinegar* black pepper* coconut oil* 3 c. brown rice, not cooked* Worcestershire sauce* paprika* sesame seeds* chili powder* Ranch dressing, for salads* almond flour* cumin* cayenne pepper
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