

# Trim Healthy Mama Shopping List – July 2023

darciesdish.com

## Week #1: July 2-8

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>*1 c. 0% Plain Greek yogurt</li> <li>*(1) stick of butter</li> <li>*3 c. cheddar cheese</li> <li>*(2) eggs</li> <li>*4 c. mozzarella</li> <li>*4 T. 1/3 less fat cream cheese</li> </ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>*3 lbs ground beef</li> <li>*3 lbs boneless skinless chicken breasts</li> <li>*1 ½ lbs smoked sausage</li> <li>*pepperoni</li> </ul> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>*(1) bag of broccoli</li> <li>*1 c. peas</li> </ul>	<p style="text-align: center;"><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>*(2) 3 pk Romaine hearts</li> <li>*(1) pint cherry tomatoes</li> <li>*(1) large green cabbage</li> <li>*(3) onions</li> <li>*(2) green bell peppers</li> <li>*(3) tomatoes</li> <li>*1 lb carrots</li> <li>*(1) small red onion</li> </ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>*(2) 15 oz pinto beans</li> <li>*(3) 15 oz black beans</li> <li>*(1) 15 oz corn</li> <li>*1/2 c. chicken broth</li> <li>*(1) 10.5 oz Rotel</li> <li>*salsa</li> <li>*dill relish</li> <li>*mayo</li> <li>*no sugar added ketchup</li> <li>*hot sauce</li> <li>*Dijon mustard</li> <li>*pizza sauce</li> </ul>	<p style="text-align: center;"><b><u>Dry Grocery:</u></b></p> <ul style="list-style-type: none"> <li>*chili powder</li> <li>*cumin</li> <li>*paprika</li> <li>*garlic powder</li> <li>*onion powder</li> <li>*dried parsley</li> <li>*2 c. brown rice, not cooked</li> <li>*Worcestershire sauce</li> <li>*sesame seeds</li> <li>*on plan sweetener</li> <li>*1 c. brown or green lentils</li> <li>*lemon juice</li> <li>*thyme</li> <li>*almond flour</li> </ul>
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## Week #2: July 9-15

<p style="text-align: center;"><b><u>Dairy:</u></b></p> <ul style="list-style-type: none"> <li>*(1) stick of butter</li> <li>*1 c. shredded Parmesan cheese</li> <li>*2 c. cheddar cheese</li> <li>*sour cream</li> <li>*heavy cream</li> <li>*(2) eggs</li> <li>*4 c. mozzarella</li> <li>*4 T. 1/3 less fat cream cheese</li> </ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>*4 lbs chicken wings</li> <li>*2 lbs ground beef</li> <li>*2 lbs ground turkey</li> <li>*2 lbs smoked sausage</li> <li>*1 lb boneless skinless chicken breasts</li> <li>*pepperoni</li> </ul> <p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>*(1) bag of seasoning blend</li> <li>*(1) bag of peas</li> </ul>	<p style="text-align: center;"><b><u>Produce:</u></b></p> <ul style="list-style-type: none"> <li>*(2) 3 pk Romaine lettuce</li> <li>*1 lb green beans</li> <li>*garlic</li> <li>*(1) bunch green onions</li> <li>*(1) large zucchini</li> <li>*(2) onions</li> <li>*(1) head of broccoli</li> <li>*(1) red bell pepper</li> <li>*(1) green bell pepper</li> </ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>*spaghetti sauce</li> <li>*(3) 10.5 oz Rotel</li> <li>*(1) 15 oz pinto beans</li> <li>*(1) 14 oz corn</li> <li>*salsa</li> <li>*sun dried tomatoes</li> <li>*5 c. chicken broth</li> <li>*Sriracha</li> <li>*pizza sauce</li> </ul>	<p style="text-align: center;"><b><u>Dry Grocery:</u></b></p> <ul style="list-style-type: none"> <li>*Ranch dressing, for salad</li> <li>*3 c. brown rice, cooked</li> <li>*chili powder</li> <li>*garlic powder</li> <li>*cumin</li> <li>*cayenne pepper</li> <li>*taco seasoning</li> <li>*13.25 oz box of Dreamfield's pasta</li> <li>*red pepper flakes</li> <li>*dill weed</li> <li>*coconut oil</li> <li>*xanthan gum, optional</li> <li>*soy sauce</li> <li>*on plan sweetener</li> <li>*almond flour</li> </ul>
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**Week #3: July 16-22**

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
*1/2 stick of butter *sour cream *1/2 c. 0% Plain Greek yogurt *1 ½ c. egg whites *4 c. mozzarella *(2) eggs *4 T. 1/3 less fat cream cheese	*2 lbs green beans *(2) medium green cabbage *(1) small red cabbage *1 lb carrots *(1) red onion *(1) lemon *(1) 3 pk Romaine lettuce *(1) pint cherry tomatoes *(2) onions *(2) green bell peppers *(1) bunch green onions *garlic	*on plan sweetener *apple cider vinegar *1/2 c. sliced almonds *1 c. green or brown 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
<p style="text-align: center;"><u>Meat:</u></p> *4 lbs ground beef *6 slices bacon *5 lbs boneless skinless chicken breasts *pepperoni	<p style="text-align: center;"><u>Canned/Jarred:</u></p> *mayo *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	
<p style="text-align: center;"><u>Frozen:</u></p> *(1) bag of peas *(1) bag of seasoning blend *(1) bag of cauli rice		

**Week #4: July 23-29**

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
*2 ½ c .cheddar cheese *(1) stick + 1 T. of butter *(1) small container 0% Plain Greek yogurt *1 c. shredded Parmesan cheese *4 c. mozzarella *4 T. 1/3 less fat cream cheese *(2) eggs	*(5) onions *(1) red bell pepper *(4) tomatoes *(1) bunch of celery *(1) medium green cabbage *(1) large zucchini *(2) 3 pk Romaine lettuce *(2) green bell peppers *1 lb green beans *garlic *(1) bunch of green onions	*taco seasoning *soy sauce *ground ginger *onion powder *garlic powder *black pepper *rice vinegar *coconut oil *2 c. brown rice, not cooked *Worcestershire sauce *paprika *sesame seeds *on plan sweetener *chili powder *Ranch dressing *almond flour
<p style="text-align: center;"><u>Meat:</u></p> *4 lbs ground beef *2 ½ lbs boneless skinless chicken breasts *4 lbs chicken wings *pepperoni	<p style="text-align: center;"><u>Canned/Jarred:</u></p> *1/2 c. chicken broth *spaghetti sauce *1/2 c. beef broth *dill pickles or relish *mayo *no sugar added ketchup *hot sauce *salsa *(2) 14 oz black beans *(1) 10.5 oz Rotel *pizza sauce	
<p style="text-align: center;"><u>Frozen:</u></p> *(1) bag of cauli rice		

Week #5: July 30 – August 5

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
<ul style="list-style-type: none"> <li>*heavy cream</li> <li>*1 c. cheddar cheese</li> <li>*8 oz. + 4 T. 1/3 less fat cream cheese</li> <li>*(1) 14 oz 1% cottage cheese</li> <li>*5 c. mozzarella</li> <li>*1 ½ c. egg whites</li> </ul>	<ul style="list-style-type: none"> <li>*(2) onions</li> <li>*(1) 3 pk Romaine lettuce</li> <li>*(1) head of broccoli</li> <li>*(1) red bell pepper</li> <li>*garlic</li> <li>*16 oz baby spinach</li> <li>*1 lb carrots</li> <li>*(1) bunch of green onions</li> <li>*1 lb green beans</li> <li>*(1) medium green cabbage</li> <li>*(1) small red cabbage</li> <li>*(1) green bell pepper</li> </ul>	<ul style="list-style-type: none"> <li>*7 c. cooked brown rice</li> <li>*chili powder</li> <li>*garlic powder</li> <li>*cumin</li> <li>*cayenne pepper</li> <li>*13.25 oz box of Dreamfields pasta</li> <li>*onion powder</li> <li>*red pepper flakes</li> <li>*dried dill weed</li> <li>*coconut oil</li> <li>*xanthan gum, optional</li> <li>*soy sauce</li> <li>*on plan sweetener</li> <li>*oregano</li> <li>*sesame oil</li> <li>*apple cider vinegar</li> <li>*1/2 c. sliced almonds</li> <li>*almond flour</li> </ul>
<p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"> <li>*2 lbs ground turkey</li> <li>*2 lbs smoked sausage</li> <li>*2 ½ lbs boneless skinless chicken breasts</li> <li>*3 lbs ground beef</li> <li>*6 slices of bacon</li> <li>*pepperoni</li> </ul>	<p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"> <li>*(3) 10.5 oz Rotel</li> <li>*(1) 15 oz pinto beans</li> <li>*(1) 14 oz corn</li> <li>*1/2 c. sun dried tomatoes</li> <li>*5 c. chicken broth</li> <li>*Sriracha</li> <li>*spaghetti sauce</li> <li>*mayo</li> <li>*pizza sauce</li> </ul>	
<p style="text-align: center;"><b><u>Frozen:</u></b></p> <ul style="list-style-type: none"> <li>*(1) bag of seasoning blend</li> <li>*(1) bag of peas</li> <li>*(1) bag of cauli rice</li> </ul>		