

Trim Healthy Mama Shopping List: 7/10-7/16/23**darciesdish.com**

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none">*1g 0% Plain Greek yogurt*unsweetened almond milk*heavy cream*24 oz 2% cottage cheese*(8) eggs*(1) cheese stick*(1) stick of butter*2 c. cheddar*sour cream*4 c. mozzarella*4 T. 1/3 less fat cream cheese <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none">*pepperoni*3 lbs ground beef*3 lbs ground turkey*2 lbs smoked sausage*1 lb boneless skinless chicken breasts*6 slices of bacon <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none">*strawberries*(1) bag of seasoning blend*(1) bag of peas	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none">*(3) apples*(3) 3 pk Romaine lettuce*celery*1 lb strawberries*(2) green bell peppers*garlic*(1) large zucchini*(2) onions*(1) head of broccoli*(1) red bell pepper*1 lb green beans*(1) medium green cabbage*(1) small red cabbage <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none">*spaghetti sauce*(3) 10.5 oz Rotel*(1) 15 oz pinto beans*(1) 14 oz corn*salsa*sun dried tomatoes*5 c. chicken broth*Sriracha*pizza sauce*mayo	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none">*cinnamon*on plan sweetener*peanut butter*apple cider vinegar*sparkling water*THM Cherry Burst*THM Pineapple Burst*vanilla extract*Ranch dressing*almonds*cocoa powder*mint extract*85% dark chocolate*3 c. brown rice, cooked*chili powder*garlic powder*cumin*cayenne pepper*taco seasoning*13.25 oz Dreamfield's pasta*red pepper flakes*dill weed*coconut oil*xanthan gum, optional*soy sauce*almond flour
---	---	---