

**Trim Healthy Mama Shopping List: 7/24-7/30/23****darciesdish.com**

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