

**Trim Healthy Mama Shopping List: 8/7-8/13/23****darciesdish.com**

<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) dozen eggs</li><li>* (1) 16 oz 2% cottage cheese</li><li>* 1/2 gallon unsweetened almond milk</li><li>* heavy cream</li><li>* large container 0% Plain Greek yogurt</li><li>* (1) cheese stick</li><li>* 1 c. cheddar cheese</li><li>* 8 oz + 4 T 1/3 less fat cream cheese</li><li>* 5 c. mozzarella</li><li>* 1 1/2 c. egg whites</li></ul> <p style="text-align: center;"><b><u>Meat:</u></b></p> <ul style="list-style-type: none"><li>* 2 lbs smoked sausage</li><li>* 5 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>Frozen:</u></b></p> <ul style="list-style-type: none"><li>* (1) bag of strawberries</li><li>* (1) bag of peas</li><li>* (1) bag of cauli rice</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>* (2) green bell peppers</li><li>* (1) cucumber</li><li>* (2) apples</li><li>* celery</li><li>* (3) 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 green onions</li><li>* 1 lb green beans</li><li>* (1) large green cabbage</li><li>* (1) small purple cabbage</li></ul> <p style="text-align: center;"><b><u>Canned/Jarred:</u></b></p> <ul style="list-style-type: none"><li>* mustard</li><li>* mayo</li><li>* (1) 8 oz tomato sauce</li><li>* 6 c. chicken broth</li><li>* 1/2 c. sun dried tomatoes</li><li>* Sriracha</li><li>* 24 oz spaghetti sauce</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>* apple cider vinegar</li><li>* on plan sweetener</li><li>* THM Cherry Natural Burst</li><li>* THM Pineapple Natural Burst</li><li>* sparkling water</li><li>* lime juice</li><li>* peppermint extract</li><li>* 85% dark chocolate</li><li>* peanut butter</li><li>* cinnamon</li><li>* garlic powder</li><li>* onion powder</li><li>* cayenne pepper</li><li>* almonds</li><li>* vanilla extract</li><li>* 7 c. cooked brown rice</li><li>* 13.25 oz Dreamfield's pasta</li><li>* dried dill weed</li><li>* coconut oil</li><li>* xanthan gum, optional</li><li>* soy sauce</li><li>* oregano</li><li>* sesame oil</li><li>* almond flour</li><li>* Ranch dressing, for salads</li><li>* ground ginger</li><li>* black pepper</li><li>* rice vinegar</li></ul>
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