

Trim Healthy Mama Shopping List: 8/14-8/20/23**darciesdish.com**

<u>Dairy:</u>	<u>Produce:</u>	<u>Dry Grocery:</u>
* (2) sticks of butter	* 1 lb strawberries	* on plan sweetener
* (1) dozen eggs	* (3) apples	* cinnamon
* 24 oz 2% cottage cheese	* (5) green bell peppers	* peanut butter
* (1) large 0% Plain Greek yogurt	* (1) cucumber	* vanilla extract
* unsweetened almond milk	* celery	* protein powder, optional
* heavy cream	* (1) peach	* apple cider vinegar
* 3 c. cheddar cheese	* (1) banana	* sparkling water
* sour cream	* (2) 3 pack Romaine lettuce	* THM Cherry Natural Burst
* 4 c. mozzarella	* (3) onions	* THM Pineapple Natural Burst
* 4 T. 1/3 less fat cream cheese	* (1) head of green cabbage	* Ranch dressing
	* (1) red bell pepper	* almonds
	* garlic	* cocoa powder
	* (3) tomatoes	* 2 c. rice, not cooked
		* onion powder
	<u>Canned/Jarred:</u>	* garlic powder
	* 1 c. chicken stock	* taco seasoning
	* Sriracha	* coconut oil
	* 1/2 c. beef broth	* soy sauce
	* dill pickles or relish	* red pepper flakes
	* mayo	* cumin
	* no sugar added ketchup	* (1) package low carb wraps
	* hot sauce	* Worcestershire sauce
	* pizza sauce	* paprika
	* Frank's Red Hot sauce	* sesame seeds
		* almond flour
		* dried parsley