

Trim Healthy Mama Shopping List: 8/21-8/27/23**darciesdish.com**

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none">* (1) large 0% Plain Greek yogurt* (1) dozen eggs* (1) stick of butter* (1) cheese stick* 1/2 gal unsweetened almond milk* heavy cream* 24 oz 2% cottage cheese* 1 c. cheddar cheese* sour cream* 1 1/2 c. egg whites* 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">* 2 lbs boneless skinless chicken breasts* 2 1/2 lb boneless chuck roast* 3 lbs ground beef* 2 lbs ground turkey* pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none">* (1) bag of strawberries* (1) bag of peas* (1) bag of cauli rice	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none">* (3) apples* celery* 1 lb strawberries* (4) green bell peppers* (2) cucumbers (for fresh veg)* (2) 3 pk Romaine lettuce* garlic* (1) lime* 1 lb carrots* (1) bunch green onions* (3) onions* (1) large green cabbage* (1) pint cherry tomatoes <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none">* (3) 8 oz tomato sauce* 1 c. chicken broth* chipotle chilies in Adobo* 3 T. tomato paste* (2) 15 oz pinto beans* (3) 15 oz black beans* (1) 14 oz corn* pizza sauce* (1) 10.5 oz Rotel* salsa	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none">* on plan sweetener* cinnamon* peanut butter* apple cider vinegar* sparkling water* THM Natural Burst Cherry* THM Natural Burst Pineapple* almonds* protein powder, optional* vanilla extract* garlic powder* onion powder* cayenne pepper* cocoa powder* oregano* olive oil* cumin* cloves* sesame oil* 2 c. rice, not cooked* soy sauce* red pepper flakes* ground ginger* taco seasoning* chili powder* paprika* almond flour
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