

Trim Healthy Mama Shopping List: 11/13-11/19/23**darciesdish.com**

<p style="text-align: center;"><u>Dairy:</u></p> <ul style="list-style-type: none">* (1) dozen eggs* (1) stick of butter* 16 oz 2% cottage cheese* 1/2 gal unsweetened almond milk* (1) string cheese* 1 c. cheddar cheese* sour cream* 1 1/2 c. egg whites* 8 oz + 4 T. 1/3 less fat cream cheese* 4 c. mozzarella <p style="text-align: center;"><u>Meat:</u></p> <ul style="list-style-type: none">* sausage links* 3 lbs ground beef* 1 1/2 lbs boneless skinless chicken breasts* (4) chicken sausage links* pepperoni <p style="text-align: center;"><u>Frozen:</u></p> <ul style="list-style-type: none">* (1) bag of peas* (1) bag of cauli rice* (1) bag of seasoning blend	<p style="text-align: center;"><u>Produce:</u></p> <ul style="list-style-type: none">* (4) green bell peppers* (2) cucumbers (for fresh veg)* (2) 3 pk Romaine hearts* (3) Apples* (3) onions* garlic* (1) zucchini* 1 lb carrots* (1) bunch green onions* small bag of spinach <p style="text-align: center;"><u>Canned/Jarred:</u></p> <ul style="list-style-type: none">* (1) 8 oz tomato sauce* 2 quarts + 1 c. chicken stock* (2) 14 oz diced tomatoes* salsa* (1) 15 oz kidney beans* (1) 15 oz Great Northern beans* spaghetti sauce* (1) 10.5 oz Rotel* 4 c. beef broth* pizza sauce* (2) 14.5 oz fire roasted tomatoes* (1) 6 oz tomato paste	<p style="text-align: center;"><u>Dry Grocery:</u></p> <ul style="list-style-type: none">* protein powder, optional* no sugar added peanut butter* cocoa powder* vanilla extract* on plan sweetener* apple cider vinegar* sparkling water* THM Pineapple Burst* THM Cherry Burst* ranch dressing, for salad* old fashioned oats* Swerve Brown Sweetener* Peppermint tea* coconut oil* onion powder* garlic powder* cayenne pepper* soy sauce* (2) taco seasoning* chili seasoning* 1 1/2 lbs brown or green lentils* sesame oil* 4 c. brown rice, already cooked* red pepper flakes* almond flour* chili powder
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