

Trim Healthy Mama Shopping List: 1/22-1/28/24

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<p><u>Dairy:</u></p> <ul style="list-style-type: none">*unsweetened almond milk*heavy cream*16 oz 2 % cottage cheese*(1) dozen eggs*(2) 8 oz 1/3 less fat cream cheese*4 c. mozzarella*1 ½ c. egg whites <p><u>Meat:</u></p> <ul style="list-style-type: none">*sausage links*3 ½ lbs boneless skinless chicken breasts*1 lb ground sausage*(2) 4 oz packs of pepperoni*1 ½ lb smoked sausage*3 lbs ground beef <p><u>Frozen:</u></p> <ul style="list-style-type: none">*1 c. okra*(1) bag of seasoning blend*1 c. peas*(1) bag of cauli rice	<p><u>Produce:</u></p> <ul style="list-style-type: none">*(3) apples*1 lb strawberries*(2) grapefruit*(1) cucumber (for fresh veg)*(4) green bell peppers*garlic*(1) 3 pk Romaine lettuce*(5) onions*1 lb carrots*green onions*(2) large green cabbages <p><u>Canned/Jarred:</u></p> <ul style="list-style-type: none">*(3) 8 oz tomato sauce*(2) quarts chicken broth*(2) pizza sauce*(1) 4 oz diced green chiles*salsa*(2) 15 oz black beans*(1) 10.5 oz Rotel*(1) quart vegetable broth*mayo*mustard	<p><u>Grocery:</u></p> <ul style="list-style-type: none">*old fashioned oats*Swerve Brown Sweetener*cinnamon*on plan sweetener*almonds*apple cider vinegar*sparkling water*lime juice*THM Cherry Natural Burst*THM Pineapple Natural Burst*no sugar added peanut butter*cocoa powder*vanilla extract*protein powder*85% dark chocolate*onion powder*garlic powder*cayenne pepper*red pepper flakes*Ranch dressing (for salad)*basil*oregano*2 2/3 c brown rice, not cooked*olive or avocado oil*cumin*sesame oil*soy sauce*taco seasoning*chili powder*ground ginger*peppermint tea*coconut oil
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