

Shopping List 1/11-1/17/16

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Dairy:

- * (1) dozen eggs
- * 1/2 gallon unsweetened almond milk
- * 24 oz. 1% cottage cheese
- * 1 oz. 1/3 less fat cream cheese
- * heavy cream
- * Light Laughing Cow Cheese
- * (2) cheese sticks
- * half & half
- * 2 c. cheddar cheese
- * 3 c. mozzarella cheese
- * parmesan cheese
- * 1g. container 0% Plain Greek Yogurt
- * sour cream

Meat:

- * 2# boneless, skinless chicken breasts
- * 4# ground beef
- * 3-4# beef roast
- * pepperoni

Frozen:

- * (2) 16 oz. bags of broccoli
- * (1) bag of strawberries
- * (1) bag of trio peppers
- * (1) bag of cauliflower

Produce:

- * 1# strawberries
- * (1) lime
- * small bag of spinach
- * 3 pk. hearts of Romaine
- * 1# carrots
- * (1) bunch of celery
- * (2) cucumbers, for fresh veg and salad
- * (7) onions
- * (3) green peppers
- * head of garlic
- * (1) medium head of green cabbage
- * (1) avocado

Canned/Jarred:

- * (2) quarts chicken stock
- * (1) 15 oz. can of kidney beans
- * (1) 15 oz. can of Great Northern beans
- * (2) 14 oz. cans of diced tomatoes
- * (1) 8oz. can of tomato sauce
- * (2) 15 oz. cans of green beans
- * (1) quart beef broth
- * on-plan pizza sauce

Dry Grocery:

- * coconut oil
- * Sweet & Spicy tea
- * on plan sweetener of your choice
- * protein powder
- * on plan Ranch dressing
- * Light Rye Wasa crackers
- * Apple Cider Vinegar
- * Sparkling Water
- * olive oil
- * chili seasoning
- * 1/2# of green or brown lentils
- * all natural no sugar added peanut butter
- * vanilla extract
- * coconut aminos or soy sauce
- * 1 c. brown rice, uncooked
- * Italian seasoning
- * Balsamic vinegar
- * red pepper flakes
- * cocoa powder
- * almonds
- * paprika
- * cayenne pepper