

Shopping List: 11/14-11/20/16

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Dairy:

- * (1) dozen eggs
- * 3 c. cheddar cheese
- * unsweetened almond milk
- * 16 oz. 2% cottage cheese
- * heavy cream
- * (2) wedges Light Laughing Cow cheese
- * (1) stick butter
- * (2) Dannon 000 yogurts
- * 3 c. mozzarella cheese

Meat:

- * 1 lb bacon
- * 4 lbs boneless, skinless chicken breasts
- * 2 lbs ground beef
- * 2.5 lbs chuck roast (or stew meat)
- * pepperoni

Frozen:

- * strawberries
- * peaches

Produce:

- * (1) banana
- * 3 pk Romaine hearts
- * 1 lb carrots (for salad and fresh veggies)
- * (8) bell peppers (any color)
- * (5) onions
- * (1) bunch green onions
- * (1) lemon
- * (1) bunch celery
- * 16 oz. bag of radishes
- * (2) apples
- * (1) cucumber (for fresh veg)

Jarred/Canned:

- * (2) 15 oz. black beans
- * (1) 14 oz. diced tomatoes
- * (2) quarts chicken stock
- * spaghetti sauce
- * (4) 8 oz. tomato sauce
- * (1) 6 oz. tomato paste
- * 2 c. beef broth
- * pizza sauce
- * (1) 10.5 oz. Rotel

Dry Grocery:

- * peanut butter
- * protein powder, optional
- * on plan sweetener
- * Lite Rye Wasa Crackers
- * 1 c. quinoa
- * chili seasoning
- * vanilla extract
- * apple cider vinegar
- * sparkling water
- * 1 lb. Dreamfield's pasta
- * Ranch dressing
- * Sweet & Spicy tea
- * garlic powder
- * onion powder
- * cumin
- * oregano
- * caramel extract
- * peanuts
- * chili powder
- * coconut oil
- * Worcestershire sauce
- * cinnamon
- * cocoa powder
- * 1 c. brown rice