

3/11 - 3/17 Grocery List

Produce

1 Medium Head Cabbage
Cilantro
Strawberries
3 Onions
Apples
1 Large Green Pepper
6 Garlic Cloves
1 Large Peach
Green Onions
2 Large Carrots
Romaine Lettuce
1 Medium Zucchini
1 Orange
1 Tomato
1 Medium Spaghetti
Squash
4 C Spinach
1 lb. Mushrooms
Lettuce (x7)
Non-starchy vegetables
(x3)
Broccoli
Green Beans (x2)

Frozen

1 C Cherries
½ C Raspberries
½ C Strawberries
Cauliflower Rice

Meat

Meat for Baked Breakfast
1 ½ lb. Boneless Skinless
Chicken Breast
3 ¾ lb. Hamburger
1 lb. Hot Italian Sausage
8 oz. Pepperoni
Sausage Links
1 lb. Bulk Italian Sausage
Protein of Choice (x3)

Misc.

Dozen Eggs
Sprouted Bread
Unsweetened Almond Milk

Canned Goods

1 Jar Salsa
1 Jar SF Pizza Sauce
1 Can Red Kidney Beans
(1) 7 oz. Diced Green
Chilis
(1) 21 oz. SF Pasta Sauce

Pantry

Mineral Salt
Dill
Basil
Oregano
Parsley Flakes
Dried Minced Onion
Garlic Powder
Black Pepper
Creole Seasoning
Smoked Paprika
Garlic Salt
Italian Seasoning
Chili Powder
Thyme
Cinnamon
Cayenne
Toasted Sesame Seeds
Cumin
Vanilla Extract
Maple Extract
Mayonnaise
Yellow Mustard
Liquid Smoke
Lemon Juice
Polaner Jam
Worcestershire Sauce
Tomato Paste
Rice Vinegar
Braggs Liquid Aminos
Black Strap Molasses
Apple Cider Vinegar
Slivered Almonds
Lilly's Dark Chocolate
Chips
Minced Garlic
Gelatin
Toasted Coconut Flakes
Chia Seeds

Cocoa Powder
Nutritional Yeast
Coffee
Collagen Powder
Old Fashioned Rolled
Oats
Baking Powder
Brown Rice
Baobab Powder
Oat Flour
Coconut Flour
Almond Flour
Defatted Peanut Powder
Protein Powder
Xanthum Gum
True Lemon
Glucomannan
Xylitol
Gentle Sweet
Pure Stevia
Erythritol
Coconut Oil
Toasted Sesame Oil
Olive Oil

Dairy

14 oz. Cream Cheese
½ C Half & Half
3 ¾ C Shredded Cheese
of Choice
3 C Plain Greek Yogurt
1 T Heavy Whipping
Cream
4 C Mozzarella Shredded
1 ½ C Double Fermented
Low Fat Kefir
½ C Grated Parmesan
¾ C Sour Cream
¾ C Low Fat Cottage
Cheese
½ C Butter
1 C Cheddar Cheese
Shredded