

Shopping List 3/25 - 3/31

Produce

3 Red Onions
3 Large Onions
Cherry Tomatoes
3 Tomatoes
3 Cucumbers
Strawberries
2 ¼ C Blueberries
Berries of Choice
Cilantro
(1) 16 oz. bag Coleslaw
1 Zucchini
3 lbs. Sweet Potatoes
Celery
Lettuce (9)
Jalapenos
Carrots
Non-starchy Vegetables
(x4)
Asparagus
Green Beans

Frozen

2 C Frozen Cherries
5 C Frozen Peas
Frozen Cauliflower

Meat (Count)

2 lb. Bacon
2-2.5 lbs. Boneless
Skinless Chicken Breasts
4 lbs. Ground Burger
2 lbs. Very Lean Ground
White Turkey
1.5 lbs. Breakfast
Sausage
2 Dozen Wing Pieces
(Frozen)
Protein of Choice (x3)
Lean Deli Meat

Misc.

2.5 Dozen Eggs
Unsweetened Almond Milk
1.5 C Egg Whites
Joseph's Lavish Bread
Sprouted Bread

Canned Goods

3 Tbsp. Tomato Paste
(1) Can Rotel Chopped

(1) 24 oz. Jar Sugar Free
Spaghetti Sauce
(1) Can Black Beans
(1) Can Pinto Beans
(1) Can Corn
Olives
Unsweetened Applesauce
Pickles

Pantry

Gentle Sweet
Stevia
Super Sweet Blend
Xylitol
Pyure
Red Wine Vinegar
Fresh Lemon Juice
Apple Cider Vinegar
Italian Dressing
White Vinegar
Liquid Smoke
Mayonnaise
Polaner Jam
Worcestershire Sauce
4 C Fat-Free Chicken Broth
Honey (minimal)
Minced Garlic
Slivered Almonds
Chia Seeds
Pecans
Ginger
1 lb Bag Great Northern
Beans
Unsweetened Coconut
Lilly's Chocolate Chips
¼ C Real Bacon Pieces
Baked Blue Corn Tortilla
Chips
Coconut Oil Spray
Coconut Oil
Extra Virgin Olive Oil
Defatted Peanut Flour
Oat Flour
Oat Fiber
Active Dry Yeast
Nutritional Yeast
THM Baking Blend
Cocoa Powder
Baking Powder
Sprouted Wheat Flour

Old Fashioned Oats
Thyme
Garlic Salt
Taco Seasoning
Lemon Pepper
Garlic Powder
Onion Powder
Paprika
Smoked Paprika
Mineral Salt
Black Pepper
Cumin
Tony's Creole Seasoning
Vanilla Extract
Ground Rosemary
Marjoram
Dried Dill Weed
Cinnamon
Basil
Oregano

Dairy

2 ¾ C Shredded Cheddar
Goat Cheese Sprinkles
¾ C Butter
6 C Plain Greek Yogurt
Feta Cheese
2 ½ C Double Fermented
Low-fat Kefir
1/3 C Shredded Colby
Jack
½ C Shredded Mozzarella
Cheese
¼ C Heavy Whipping
Cream
½ C Grated Parmesan
Cheese
4 oz. Mild or Sharp
Cheddar Cheese Cubed
1 ½ Tbsp Reduced-Fat
Cream Cheese
2 Tbsp Cottage Cheese
(Low-Fat)