

August Week 3 Shopping List

PRODUCE

- 2 large yellow onions (day 15, day 16)
- cilantro (optional garnish, days 15 & 21)
- fresh thyme
- 1 lemon (day 16)
- 2 heads of garlic (days 16 & 24)
- 1 small bunch of carrots (day 16)
- 1 fennel bulb (day 16)
- your favorite salad ingredients (day 17)
- 3-4 zucchini (day 20)
- avocados (day 21 & breakfast)
- fresh ginger (small amount) (day 24)
- 1 lime (day 24)
- 2 tomatoes (breakfast and lunch)
- green onions (breakfast)
- cucumbers (lunch)
- apples (lunch)
- sweet potatoes (lunch)
- celery (lunch)

PANTRY

- 2 14 oz. cans diced tomatoes (days 15 & 16)
- 1 can black beans (day 15)
- 2 4.5 oz cans diced green chiles (days 15 & 16)
- 3 cans of beans (day 18)
- 28 oz. cans crushed tomatoes (day 19)
- 2 16 oz. cans tomato sauce (day 21)
- 1 small can sliced black olives (day 21, optional)
- brown rice (day 18)
- pecans (breakfast)
- no-sugar-added pizza sauce (lunch)
- no-sugar-added peanut butter (breakfast)

DAIRY

- eggs
- butter
- 8 oz. 1/3 less fat cream cheese (day 19)
- cottage cheese (day 19, lunch)
- 1 lb. mozzarella cheese (day 19 & lunch)
- parmesan cheese (day 19)
- cheddar cheese (day 21 & breakfast)

DAIRY (CONTINUED)

- 0% Greek yogurt
- unsweetened almond milk
- sour cream (day 21, optional)

MEAT

- whole chicken (day 16)
- 4 lbs ground beef (day 19, day 21)
- bacon (breakfast)
- sliced deli meat or turkey (lunch)

FROZEN

- strawberries (breakfast)
- 20 oz. frozen spinach (day 19)

STAPLES

- olive oil
- ground cumin (day 15)
- chili powder (day 15)
- sea salt
- ground cinnamon (breakfast)
- pepper
- [stevia](#)
- your favorite Muffin in a Mug ingredients
- cocoa powder
- [erythritol](#)
- vanilla extract
- taco seasoning (day 21)
- balsamic vinegar
- baking soda
- [whey protein powder](#)
- almond extract (opt., for DashingDish.com shake)
- [Just Like Brown Sugar or other on-plan](#)
brown sugar substitute
- oregano (day 19)
- onion powder (day 19)
- garlic powder (day 19)
- cayenne pepper (day 19)
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