

Grocery List

PRODUCE	MEAT + SEAFOOD	CANNED + DRY GOODS
<p>Apples, 3 Avocado, 1 Baby bella mushrooms, 2lb Bananas, 4 Bell peppers (not green), 3 Bibb, iceberg or romaine lettuce (full leaf), 3 heads Blueberries, 2 cups Carrots, 1lb Cauliflower, 1 head or riced Cauliflower rice, 3 cups Garlic cloves Green onions (optional) Lemon, 1 Lemon juice, 1/4 cup Lime, 1 Onion, Yellow or White, 4.5 Onion, Red, 1 Parsley (optional) Potatoes, Russet, 8 small/med. Spinach, 5oz Sweet Potatoes, 4 medium Tomato, 2 Zucchini or Spaghetti squash for noodles Veggies for egg scramble</p>	<p>Bacon Eggs Chicken breasts, boneless skinless 3-4 lbs Deli turkey Ground meat for breakfast sausage, 1lb Ground beef, 3lbs Ground turkey, 1lb</p>	<p>Almond flour Artichoke hearts Balsamic vinegar Cashew or other nut butter Coconut aminos Coconut cream, 5.3oz Coconut flour Diced fire roasted tomatoes, 3 cans Ketchup Hemp hearts Marinara, 25oz Mayo Nutritional yeast Pickles Raisins or chopped dates Raw nuts (walnuts, pecans, cashews or combo), 1 cup chopped Relish (can sub diced pickles) Sriracha or hot sauce Tapioca or arrowroot flour Tomato paste Tomato sauce, 1 can Tuna, 2 - 5oz cans Unsweetened coconut, shredded White vinegar</p>
	<p>FROZEN</p> <p>Carrots, 1/2 cup Chile Lime Chicken Burgers or other compliant burger Hash browns Mahi mahi filets, 3 (6-7oz each) Shrimp, peeled/deveined, 1lb</p>	<p>Cooking Fats:</p> <p>Avocado oil Coconut oil Garlic oil Ghee Olive oil Sesame oil</p>
	<p>BEVERAGES</p> <p>Almond milk or canned light coconut milk, 1 cup Orange juice</p>	