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## PRODUCE

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Garlic clove  
Mushrooms (2 boxes)  
Kale (2 bags)  
Fresh Rosemary  
Limes (3)  
Cilantro (2 bunches)  
Zucchini (1)  
Carrots (5lb bag)  
Sweet potatoes (8 med)  
Spaghetti squash  
Jalepeno (1)  
Avocado (1)  
Blueberries  
Lemon (3)  
Grapes (1 bunch)  
Apple (1)  
Cucumber (1)  
Scallions (1 bunch)  
Broccoli (1 head)  
Spinach (1 bag)  
Banans (2)  
Romaine lettuce (1 bag)

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## NOTES

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## PANTRY

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Beef broth  
Canned coconut milk (5)  
Cassava flour  
Salsa (1)  
BBQ Sauce (1)  
Hot Sauce (optional)  
Avocado oil  
Chicken Broth (1)  
Almond Flour  
Pine nuts  
Apple cider vinegar  
Sunflower seeds  
Paleo mayo  
Baking soda  
Baking powder  
Extra virgin olive oil  
Vinegar  
Collagen peptides  
Canned pumpkin puree (1)  
Maple syrup

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## REFRIGERATED

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Dairy-free milk of choice

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## MEAT

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Ground beef (4-6 lbs)  
Chicken (12 breasts)  
Bacon (1 pkg)  
Ground turkey (2 pkg)  
Ground pork (2 lbs)

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## FREEZER

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Cauli-rice (2)  
Broccoli (2)  
Blueberries

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## SPICES

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Sea salt  
Ground pepper  
Onion powder  
Garlic powder  
Dill weed  
Paprika  
Cayenne pepper  
Chili powder  
Cumin  
Ground cinnamon  
Smoked paprika  
Dried rosemary  
Parsley  
Curry  
Turmeric  
Fennel