

---

## PRODUCE

---

zucchini (2)  
purple onion (1)  
green onion (2)  
Romaine lettuce  
limes (2)  
carrots (5lb)  
potatoes (5lb)  
cilantro (optional)  
avocado (optional)  
fresh fruit + veggie  
for snacks

---

## REFRIGERATED

---

dairy-free mozzarella cheese  
dairy-free butter

---

## NOTES

---

---

## PANTRY

---

gluten-free noodles (1 box)  
pizza sauce (14oz)  
cassava flour  
arrowroot flour  
flax meal  
applesauce  
peanut butter  
honey  
gluten-free quick oats (2  
large containers)  
baking soda  
hemp hearts  
chia seeds  
collagen (optional)  
dairy-free chocolate chips  
crispy rice cereal  
popcorn  
rice (jasmine)  
avocado oil  
coconut shreds (1/2 cup)  
corn shells  
tomato sauce (30oz)  
diced tomatoes (29oz)  
canned coconut milk (1)  
dijon mustard  
hot sauce (Frank's)  
apple cider vinegar

---

## MEAT

---

pepperoni (6oz pkg)  
ground beef (3lbs)  
chicken breasts (8)  
pork loin (2lbs)  
ground turkey (2lbs)  
pork chops (4)

---

## FREEZER

---

mixed veggies (16oz)  
tator tots (28oz)  
frozen strawberries  
frozen corn (2-12oz bags)  
broccoli (2-16oz bags)

---

## SPICES

---

sea salt  
onion powder  
garlic powder  
black pepper  
cumin  
paprika  
cinnamon  
chili powder  
rosemary