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## PRODUCE

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cilantro  
leaf lettuce (2 bunches)  
limes (2)  
broccoli (1)  
carrots (5lbs)  
potatoes (5lbs)  
sweet potato (1)  
garlic  
baby potatoes  
jalapeno (1)  
red grapes (1 bunch)  
apple (1)  
cucumber (1)  
scallions  
lemons (3)  
blueberries  
banana  
yellow + orange  
peppers (2)

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## REFRIGERATED

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dairy-free butter  
dairy-free milk of choice

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## NOTES

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## PANTRY

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jasmine rice  
coconut oil  
canned coconut milk (2)  
ketchup  
mustard  
vinegar  
beef broth (32oz)  
avocado oil  
chicken broth (2-32oz)  
sunflower seeds  
mayo  
tuna (2)  
applesauce  
cane sugar  
gluten-free flour blend  
baking soda  
baking powder  
gluten-free quick cook oats  
hemp hearts  
chia seeds  
honey  
coconut shreds  
flax meal  
dairy-free chocolate chips  
peanut butter  
vanilla extract

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## MEAT

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ground beef (4lbs)  
chicken breasts (6)  
whole chicken (1-2)

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## FREEZER

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green beans (1 bag)  
blueberries

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## SPICES

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dried sage  
sea salt  
pepper  
onion powder  
garlic powder  
curry powder  
ginger  
cinnamon  
cayenne  
cumin  
paprika  
chili powder  
dill weed  
pink Himalayan sea salt  
Garlic and Herb Blend