
PRODUCE

zucchini
limes (3)
cilantro (3 bunches)
garlic bulb (1)
jalapeno (1)
avocado (2)
sweet potato (4)
spinach
red grapes
apples (1)
cucumber (1)
scallions (1)
lemon (2)
romaine lettuce
carrots
potatoes (5#)

REFRIGERATED

dairy-free mozzarella cheese
dairy-free milk
dairy-free butter

NOTES

PANTRY

gluten-free pasta (1)
pizza sauce (1) 14 oz
salsa (1) 16 oz
canned coconut milk (4)
cassava flour (1.25 cups)
arrowroot powder (1Tbsp)
avocado oil
chicken broth
pine nuts (1/3 cup)
mayo
almond flour (1/3 cup)
sunflower seeds (2 Tbsp)
ketchup (1 cup)
crispy rice cereal (1.75 cups)
coconut shreds (2 cups)
raw almonds (1.75 cups)
dairy-free chocolate chips
coconut oil (1/2 cup)
peanut butter (1 cup)
jasmine rice
yellow mustard (1/4 cup)
white vinegar (1.5 Tbsp)
unsweetened applesauce (1/2cup)
cane sugar (3/4 cup)
gluten-free flour blend (1 cup)
baking soda
baking powder
gluten-free quick oats (6.25 cups)
coconut flour 1/4 cup)
maple syrup 1/4 cup)
vanilla extract
honey (1 cup)

MEAT

pepperoni (1) 6 oz pkg
chicken breasts (7)
ground beef (4 lbs)
whole chicken (1) 5-5.5 lbs
salmon fillet (1 large or 3 small)
ground turkey (2 lbs)

FREEZER

mixed veggies (1) 16 oz pkg
tator tots (1) 28 oz pkg
frozen blueberries (3 cups)
frozen broccoli

SPICES

sea salt
pink Himalayan sea salt
ground pepper
onion powder
garlic powder
dill weed
paprika
cayenne pepper
dried sage
chili powder
cumin
chipotle lime seasoning
ground cinnamon