
PRODUCE

spaghetti squash
broccoli
russet potatoes (5lbs)
baby carrots
zucchini (3)
spinach
cherry tomatoes (2)
basil
lemons (2)
garlic
fresh dill
kale (2 bags)
red onion
cucumber
mushrooms
romain lettuce
peaches (6)
avocado
butternut squash
apple
banana

REFRIGERATED

dairy-free mozzarella cheese
dairy-free butter
df plain yogurt
df shredded cheddar cheese
df milk of choice

NOTES

PANTRY

avocado oil
sun-dried tomatoes
beef broth (2-32oz)
balsamic vinegar
mayo
kalamata olives
gf spiral noodles
coconut milk (3)
arrowroot powder
hot sauce
corn chips
honey
pecans
gf tortillas
cane sugar
cassave flour
baking soda
vanilla extract
gf quick cook oats
coconut shreds
almonds
pumpkin puree
maple syrup
apple cider vinegar
collagen
ground flax meal
sunbutter OR peanut butter
sunflower seeds

MEAT

chicken breasts (8)
beef stew meat (1.5lbs)
salmon (4 fillets)
ground beef (3)
chicken tenderloins (6-8)
bacon
eggs
ground pork

FREEZER

frozen strawberries
orange juice concentrate

SPICES

sea salt
onion powder
garlic powder
black pepper
paprika
cinnamon
chili powder
rosemary
fennel
pink Himalayan sea salt
cayenne
oregano
dried basil
Remond Seasoning Salt
Blend