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## PRODUCE

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raspberries  
banana  
garlic (20)  
plantain (2)  
zucchini (1)  
carrots (5lbs)  
potatoes (5lbs)  
variety peppers (3)  
red onion  
limes (3)  
cilantro (2)  
ginger  
green onion (2)  
sweet potatoes (7)  
cherry tomatoes  
jalapeno (1)  
spaghetti squash  
broccoli (1)  
spinach  
mushrooms

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## REFRIGERATED

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eggs

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## NOTES

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## PANTRY

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avocado oil  
cassava flour  
arrowroot flour  
coconut milk (7)  
baking soda  
baking powder  
bbq sauce of choice  
coconut oil  
coconut aminos  
dates (2 cups)  
coconut shreds  
pecans  
coconut sugar  
extra virgin olive oil  
chicken broth (32oz)  
raw cashews  
vanilla extract  
turmeric powder  
pepitas  
pumpkin puree (1)  
maple syrup  
apple cider vinegar  
chia seeds  
collagen  
dairy-free chocolate chips

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## MEAT

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whole chicken (1 or 2)  
see notes  
ground beef (3lbs)  
chicken breasts (6)  
shrimp  
scallops  
turkey breast  
bacon  
ground turkey

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## FREEZER

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broccoli (2 bags)  
cauliflower-rice (2 bags)

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## SPICES

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dried sage  
sea salt  
pepper  
onion powder  
garlic powder  
rosemary  
parsley  
curry powder  
ginger  
cinnamon  
cayenne  
cumin  
paprika  
fennel  
chili powder  
dill weed