
PRODUCE

potatoes (5lbs)
carrots (5lbs)
onion (2)
garlic (2 bulbs)
fresh basil
cilantro (3 bunches)
fresh ginger
apples (2)
kale (3 bags)
limes (2)
avocado (1)
mushrooms (3 containers)
fresh rosemary (optional)
butternut squash
red grapes
lemon
sweet potatoes (1)
broccoli (1 bunch)
spinach
bananas

REFRIGERATED

NOTES

PANTRY

canned coconut milk (4)
avocado oil
coconut aminos
cashews (2 cups)
rice (jasmine)
canned chicken (1)
chicken broth (32 oz)
cassava flour (1/4 cup)
brown rice
quinoa
chickpeas (1 can)
honey
extra virgin olive oil
gluten-free oats
chia seeds
hemp hearts
unsweetened coconut shreds
flax meal
unsweetened applesauce
peanut butter
baking soda
chocolate chips
sunflower seeds
powdered sugar (optional)
coconut oil
crispy rice cereal

MEAT

pot roast (3-4lbs)
chicken (9-10 breasts)
bacon (1 pkg)
ground beef (2 bs)
ground turkey (1-2lbs)

FREEZER

frozen peaches
frozen broccoli
cauliflower rice
beets

SPICES

sea salt
pepper
fennel
paprika
curry
dill weed
onion powder
garlic powder
rosemary
cinnamon
cayenne
clove
nutmeg
ginger