
PRODUCE

zucchini (3)
carrots (5lbs)
cilantro
limes (3)
avocado (2)
mushrooms (1pkg)
sweet potatoes (2)
spinach
apples (2)
blueberries (1pkg)
raspberries (1pkg)
lemon (1)

PANTRY

bbq sauce
tomato sauce (2-15oz cans)
diced tomatoes (3-14.5oz cans)
gluten-free noodles (8-10oz box)
beef broth (32oz)
avocado oil
canned coconut milk (3)
arrowroot powder
pine nuts
mayo
corn chips
jasmine rice
chicken broth (32oz)
red enchilada sauce (28oz)
gluten-free tortillas
canned chicken
cane sugar
vanilla extract
gluten-free bread (1 loaf)
applesauce
cassava flour
gluten-free flour blend
baking soda
baking powder
almonds
cashews
pistachios
flax meal
chia seeds
coconut shreds
honey
coconut sugar (optional)
coconut oil
apple cider vinegar

MEAT

ground beef (5)
ground turkey (2)
salmon (1 large fillet or 4 small)
chicken breasts (4)
bacon (1pkg)
ground chicken (1lb)

FREEZER

frozen strawberries
orange juice concentrate
frozen corn (12oz)
frozen broccoli
frozen blueberries

REFRIGERATED

dairy-free cheese (mozzarella or cheddar)
dairy-free cream cheese
dairy-free milk (2)
dairy-free butter

NOTES

SPICES

sea salt
pepper
cinnamon
cumin
turmeric
dill weed
chipotle lime (trader joe's)
onion powder
garlic powder
rosemary
parsley
smoked paprika
chili powder