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## PRODUCE

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avocados (4)  
plantains (2)  
yellow pepper  
red pepper  
purple onion  
garlic  
cauliflower (2)  
oranges (3)  
scallions  
apples (9)  
mushrooms (3pks)  
fresh cranberries  
sweet potatoes (6)  
zucchini (2)  
spaghetti squash  
lemon  
mixed greens  
raspberries  
limes (2)  
carrots (5lbs)  
broccoli  
spinach

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## REFRIGERATED

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eggs

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## NOTES

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## PANTRY

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mayo  
canned coconut milk (4)  
frank's red hot sauce  
potato starch  
cassava flour  
avocado oil  
baking soda  
baking powder  
coconut aminos  
apple cider vinegar  
coconut oil  
tuna  
kalamata olives  
coconut flakes  
almonds  
honey  
almond flour  
coconut sugar  
coconut butter (optional)  
extra virgin olive oil  
almonds (1cup)  
cashews (1cup)  
pistachios (1/2cup)  
flax meal  
chia seeds  
coconut shreds  
collagen  
tomato sauce (29oz)  
diced tomatoes (14.5oz)  
pumpkin puree

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## MEAT

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chicken breasts (15)  
steak (1 1/2-2lbs)  
pork chops (4)  
ground chicken (1lb)  
ground turkey (1lb)  
ground beef (1lb)

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## FREEZER

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## SPICES

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paprika  
fennel  
rosemary  
chili powder  
coriander  
cinnamon  
onion powder  
garlic powder  
dill weed  
sea salt  
pepper  
cumin  
sesame seeds  
pink Himalayan sea salt