

Grocery LIST

WEEK OF: 03/04/24

DAIRY / EGGS

- BUTTER
- HEAVY CREAM
- CREAM CHEESE
- CHEDDAR CHEESE
- EGGS
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HOUSEHOLD STAPLES

- SALT & PEPPER
- OLD BAY SEASONING
- CAJUN SEASONING
- SRIRACHA
- MAYONNAISE
- DIJON MUSTARD
- DRY WHITE WINE
- OLIVE OIL
- AVOCADO OIL
- BACON FAT/ LARD
- KETO CRACKER CRUMBS
- CANNED FIRE ROASTED TOMATOES
-

SPICES / HERBS

- FRESH PARSLEY
- FRESH ROSEMARY
- CAYENNE
- RED PEPPER FLAKES
- CHILI POWDER
- CUMIN

all day
I DREAM
ABOUT FOOD 

PRODUCE

- GARLIC CLOVES
- ONIONS
- LEMONS
- JALAPENO PEPPERS
- RED PEPPER
- GREEN PEPPER
- MUSHROOMS
- SUGAR SNAP PEAS
- CAULIFLOWER RICE

BAKING / PANTRY

- VANILLA EXTRACT
- UNSWEETENED CHOCOLATE
- POWDERED SWERVE
- ALLULOSE
- COCOA POWDER
- CHOCOLATE COLLAGEN PROTEIN
- KETO MARSHMALLOWS
- PECANS
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MEAT / FISH

- BREAKFAST SAUSAGE LINKS
- BACON
- PORK TENDERLOIN
- HAM
- BONE IN SHORT RIBS
- CHICKEN THIGHS
- LUMP CRAB MEAT