

Grocery LIST

WEEK OF: 03/25/24

HOUSEHOLD STAPLES/ PANTRY

- CHILI GARLIC SAUCE OR SRIRACHA
- COCONUT OIL
- TOASTED SESAME OIL
- OLIVE OIL & AVOCADO OIL
- BEEF BROTH
- VEGETABLE/ FISH/ CHICKEN BROTH
- COCONUT MILK
- GARLIC POWDER
- PORK RINDS
- TAMARI/ SOY SAUCE
- CANNED DICED TOMATOES
- PEANUT BUTTER
- SALTED PEANUTS

PRODUCE

- FROZEN RASPBERRIES
- ZUCCHINI
- ONIONS
- GREEN ONIONS
- JALAPENO
- TOMATOES
- RED & GREEN PEPPERS
- CILANTRO
- GARLIC
- OLIVES
- CAULIFLOWER
- LIME
- LEMON

all day
I DREAM 
ABOUT FOOD

MEAT

- BACON
- COD
- CHICKEN THIGHS
- STEAK
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DAIRY/ EGGS

- EGGS
- BUTTER
- HEAVY CREAM
- SOUR CREAM
- CREAM CHEESE
- CHEDDAR CHEESE
- FETA
- MOZZARELLA CHEESE
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SPICES & HERBS

- DRIED BASIL
- CORIANDER
- GROUND CUMIN
- GROUND GINGER
- MARJORAM
- NUTMEG
- PAPRIKA
- DRIED PARSLEY
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BAKING

- ALMOND FLOUR
- COCONUT FLOUR
- UNFLAVORED WHEY PROTEIN
- BAKING POWDER
- BAKING SODA
- ALLULOSE/ BOCHASWEET
- SWERVE GRANULAR
- SWERVE BROWN
- XANTHAN GUM
- VANILLA EXTRACT
- COCOA POWDER
- DARK CHOCOLATE
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