

# Grocery LIST

WEEK OF: 03/11/24

## MEAT

- CHICKEN THIGHS
- KIELBASA
- PEPPERONI
- SIRLOIN STEAK
- CORNED BEEF
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## HOUSEHOLD STAPLES/ PANTRY

- SALT & PEPPER
- MAYONNAISE
- SAUERKRAUT
- KETO MARINARA/ PIZZA SAUCE
- AVOCADO OIL
- OLIVE OIL
- TOMATO PASTE
- DILL PICKLES
- GLUCOMANNAN
- KETO CHOCOLATE COOKIES
- HIGHKEY BROWNIE BITES
- SF CHOCOLATE SYRUP
- UNSWEETENED ALMOND MILK

## SPICES / HERBS

- FRESH PARSLEY OR CHIVES
- GROUND CINNAMON
- GROUND CUMIN
- CARAWAY SEEDS
- CHILI POWDER
- GROUND CLOVES

all day  
**I DREAM**  
ABOUT FOOD 

## DAIRY/EGGS

- EGGS
- BUTTER
- HEAVY CREAM
- SOUR CREAM
- CREAM CHEESE
- MOZZARELLA CHEESE
- CHEDDAR CHEESE
- SWISS CHEESE
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## BAKING/ PANTRY

- SWERVE SWEETENER
- ALMOND FLOUR
- BAKING POWDER
- VANILLA EXTRACT
- PEPPERMINT EXTRACT
- SHREDDED COCONUT
- CHOPPED WALNUTS/ PECANS
- GRASS FED GELATIN
- NATURAL GREEN FOOD COLORING
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## PRODUCE

- CAULIFLOWER
- GARLIC CLOVES
- SHREDDED CARROTS
- SHREDDED CABBAGE
- JALAPENO
- LIME
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