

Grocery LIST

WEEK OF: 02/12/24

MEAT / FISH

- WHITE FISH OR CANNED CLAMS
- NEW YORK STRIP STEAKS
- BACON
- CHICKEN BREASTS
- BONELESS CHICKEN THIGHS
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HOUSEHOLD STAPLES

- SALT & PEPPER
- BEEF BROTH
- CHICKEN BROTH
- DIJON MUSTARD
- GARLIC POWDER
- OLIVE OIL
- COGNAC
- WORCESTERSHIRE SAUCE
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SPICES / HERBS

- CINNAMON
- PAPRIKA
- DRIED THYME
- DRIED PARSLEY
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all day
I DREAM 
ABOUT FOOD

BAKING / PANTRY

- SWERVE GRANULAR
- SWERVE CONFECTIONERS
- SWERVE BROWN
- VANILLA EXTRACT
- GLUCOMANNAN/XANTHANGUM
- WHEY PROTEIN POWDER
- COCONUT FLOUR
- ALMOND FLOUR
- BAKING POWDER

FRESH/ FROZEN PRODUCE

- BUTTER
- EGGS
- HEAVY CREAM
- SOUR CREAM
- CREAM CHEESE
- RICOTTA CHEESE
- MOZZARELLA CHEESE
- PARMESAN CHEESE
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DAIRY/ EGGS

- FROZEN SPINACH
- MUSHROOMS
- ONIONS
- TURNIPS
- GARLIC CLOVES
- SHALLOT
- CHIVES/ GREEN ONION/ PARSLEY