

# Grocery LIST

WEEK OF: 02/19/24

## MEAT / FISH

- SHRIMP
- BONELESS PORK CHOPS
- GROUND BEEF
- BONELESS SKINLESS CHICKEN THIGHS
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## BAKING

- ALMOND FLOUR
- COCONUT FLOUR
- VANILLA EXTRACT
- SWERVE GRANULAR
- SWERVE CONFECTIONERS
- ALLULOSE
- COCOA POWDER
- BAKING POWDER
- UNSWEETENED CHOCOLATE
- COCONUT EXTRACT
- ALMOND EXTRACT
- XANTHAN GUM
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## SPICES / HERBS

- FRESH PARSLEY
- FRESH THYME LEAVES
- PAPRIKA
- CUMIN
- OREGANO
- RED PEPPER FLAKES

all day  
**I DREAM**  
**ABOUT FOOD**

## FRESH/ FROZEN PRODUCE

- FROZEN CAULIFLOWER RICE
- AVOCADO
- JALAPENO
- OLIVES
- MINI BELL PEPPERS
- TOMATOES
- SHALLOT
- LIME
- RASPBERRIES

## HOUSEHOLD STAPLES

- SALT & PEPPER
- KOSHER SALT
- CHILI POWDER
- GARLIC POWDER
- CAYENNE
- AVOCADO OIL
- ALLULOSE HONEY
- DRY WHITE WINE/ CHICKEN BROTH
- UNSWEETENED ALMOND MILK
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## DAIRY/ EGGS

- EGGS
- BUTTER
- HEAVY CREAM
- SOUR CREAM
- CREAM CHEESE
- PARMESAN CHEESE
- CHEDDAR CHEESE

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## PANTRY

- SHREDDED COCONUT
- COCONUT CREAM
- GRASSFED GELATIN
- HOT SAUCE
- DIJON MUSTARD
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