

Grocery LIST

WEEK OF: 03/18/24

MEAT

- SHRIMP
- COOKED SAUSAGE
- CHUCK BEEF ROAST
- COOKED CHICKEN
- LAMB STEW MEAT
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HOUSEHOLD STAPLES/ PANTRY

- SALT & PEPPER
- LIQUID SMOKE
- CANNED DICED TOMATOES
- OLIVE OIL & AVOCADO OIL
- BAY LEAVES
- CHICKEN BROTH
- GARLIC POWDER
- GROUND CUMIN
- CHIPOTLE POWDER
- DIJON MUSTARD
- RED WINE VINEGAR
- CAJUN SEASONING
- UNSWEETENED ALMOND MILK

SPICES / HERBS

- FRESH PARSLEY
- DRIED MARJORAM
- GROUND CORIANDER
- CAYENNE
- TURMERIC
- GROUND CLOVES

all day
I DREAM
ABOUT FOOD 

BAKING/ PANTRY

- SWERVE GRANULAR
- SWERVE BROWN
- ALMOND FLOUR
- COCONUT FLOUR
- VANILLA EXTRACT
- BAKING POWDER
- UNFLAVORED WHEY PROTEIN
- GROUND CINNAMON
-

PRODUCE

- LEMONS
- STRAWBERRIES
- ROMAINE LETTUCE
- KALAMATA OLIVES
- JALAPENO
- RED PEPPER
- GREEN BEANS
- TOMATO
- ONION
- RED ONION
- CAULIFLOWER
- GARLIC CLOVES
- CUCUMBER

DAIRY/ EGGS

- EGGS
- BUTTER
- HEAVY CREAM
- CREAM CHEESE
- PARMESAN CHEESE
- CRUMBLLED FETA
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