

Grocery LIST

WEEK OF: 02/26/24

MEAT / FISH

- COOKED HAM
- CHICKEN
- BACON
- PORKCHOPS
- GROUND LAMB
- SALMON FILLETS

HOUSEHOLD STAPLES/ PANTRY

- SALT & PEPPER
- UNSWEETENED COCONUT FLAKES
- PECANS
- SPARKLING WATER
- CHICKEN BROTH
- AVOCADO OIL
- TOASTED SESAME OIL
- MAYONNAISE
- GARLIC POWDER
- CAULIFLOWER PIZZA CRUSTS
- SESAME SEEDS
- GRASSFED GELATIN
- WASABI POWDER

SPICES / HERBS

- FRESH BASIL
- FRESH CILANTRO OR PARSLEY
- PAPRIKA
- CUMIN
- GROUND CORIANDER
- GROUND CINNAMON

all day
I DREAM
ABOUT FOOD

FRESH/ FROZEN PRODUCE

- FROZEN SPINACH
- ASPARAGUS SPEARS
- ONIONS
- GREEN ONIONS
- FRESH GARLIC
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BAKING

- BAKING SODA
- BAKING POWDER
- ALMOND FLOUR
- COCONUT FLOUR
- VANILLA EXTRACT
- SWERVE GRANULAR
- SWERVE BROWN
- SF DARK CHOCOLATE CHIPS
- UNSWEETENED ALMOND MILK
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DAIRY/ EGGS

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