

Grocery LIST

WEEK OF: 02/05/24

MEAT / FISH

- SHRIMP
- BONELESS SKINLESS CHICKEN
- GROUND PORK
- GROUND BEEF
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HOUSEHOLD STAPLES

- SALT & PEPPER
- PORK RINDS
- CHICKEN BROTH
- TACO SEASONING
- ONION POWDER
- OLIVE OIL
- AVOCADO OIL
- FISH SAUCE
- TAMARI/ SOY SAUCE
- COCONUT OIL
- UNSWEETENED SHREDDED COCONUT
- UNFLAVORED WHEY PROTEIN

SPICES / HERBS

- FRESH SAGE
- THAI BASIL LEAVES
- FRESH THYME LEAVES
- DRIED THAI CHILES
- PAPRIKA
- RED PEPPER FLAKES

all day
I DREAM
ABOUT FOOD 

BAKING / PANTRY

- SWERVE GRANULAR
- SWERVE CONFECTIONERS
- LEMON EXTRACT
- SF BUTTERSCOTCH CHIPS
- SF DARK CHOCOLATE CHIPS
- CHOPPED WALNUTS/ PECANS
- COCONUT FLOUR
- ALMOND FLOUR
- BAKING POWDER

FRESH/ FROZEN PRODUCE

- ONIONS
- MUSHROOMS
- SHALLOTS
- LEMONS
- JALAPENO
- RED PEPPER
- GARLIC CLOVES
- TOMATOES (FRESH OR CANNED)
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DAIRY/ EGGS

- BUTTER
- EGGS
- SOUR CREAM
- CREAM CHEESE
- CHEDDAR CHEESE
- GRUYERE CHEESE
- GRATED PARMESAN