

Grocery LIST

WEEK OF: 04/01/24

MEAT / FISH

- GROUND BEEF
- GROUND PORK
- DICED HAM
- CHICKEN THIGHS
- SALMON
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HOUSEHOLD STAPLES/ PANTRY

- AVOCADO OIL
- COCONUT OIL
- OLIVE OIL
- COCONUT CREAM
- PEANUT BUTTER
- TAMARI/ SOY SAUCE
- FISH SAUCE
- RAW PECANS
- PEANUTS
- APPLE CIDER VINEGAR
- GLUCOMANNAN
- KETO CRACKER CRUMBS
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PRODUCE

- BRUSSELS SPROUTS
- CAULIFLOWER FLORETS
- GARLIC CLOVES
- LIME
- RED PEPPER
- STRAWBERRIES

all day
I DREAM 
ABOUT FOOD

BAKING/ PANTRY

- ALMOND FLOUR
- COCONUT FLOUR
- SWERVE GRANULAR
- ALLULOSE/ BOCHASWEET
- COCOA POWDER
- BAKING POWDER
- VANILLA EXTRACT
- UNSWEETENED CHOCOLATE
- ESPRESSO POWDER (OPTIONAL)
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SPICES / HERBS

- CILANTRO
- FRESH PARSLEY
- FRESH ROSEMARY
- RED PEPPER FLAKES
- GROUND GINGER
- GARLIC POWDER
- ITALIAN SEASONING
- SALT & PEPPER
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DAIRY/EGGS

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