

Grocery LIST

WEEK OF: 04/15/24

MEAT / FISH

- BONELESS PORK CHOPS
- CHICKEN THIGHS
- COOKED CHICKEN
- GROUND BEEF
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HOUSEHOLD STAPLES/ PANTRY

- ALLULOSE HONEY
- AVOCADO OIL
- CHICKEN BROTH
- CHIPOTLE PEPPER IN ADOBE
- GARLIC POWDER
- LEMON EXTRACT
- OLIVE OIL
- SALT & PEPPER
- SESAME OIL
- TAMARI
- TOASTED SESAME SEEDS
- TOMATO PASTE
- WHEY PROTEIN POWDER

SPICES / HERBS

- BAY LEAF
- GROUND CUMIN
- ITALIAN SEASONING
- PARSLEY
- RED PEPPER FLAKES
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all day
I DREAM 
ABOUT FOOD

BAKING/ PANTRY

- ALLULOSE
- ALMOND FLOUR
- BAKING POWDER
- COCONUT FLOUR
- CREAM OF TARTAR
- GLUCOMANNAN
- SWERVE BROWN
- SWERVE CONFECTIONERS
- SWERVE GRANULAR
- UNSWEETENED CHOCOLATE
- VANILLA EXTRACT

PRODUCE

- CAULIFLOWER
- DICED TOMATOES
- GARLIC
- GREEN PEPPER
- GREEN ONION
- LEMON
- LIME
- ONION
- RED OR ORANGE PEPPER
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DAIRY/ EGGS

- BUTTER
- CHEDDAR CHEESE
- CREAM CHEESE
- HEAVY CREAM
- MOZZARELLA CHEESE
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