

# Grocery LIST

WEEK OF: 01/29/24

## MEAT / FISH

- WHITE FISH (SUCH AS COD)
- PORK TENDERLOIN
- FLANK STEAK
- CHICKEN THIGHS
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## HOUSEHOLD STAPLES

- AVOCADO OIL
- OLIVE OIL
- TOASTED SESAME OIL
- MAYONNAISE
- DIJON MUSTARD
- SHREDDED COCONUT
- GARLIC POWDER
- OLIVE OIL
- GARLIC CLOVES
- SALT & PEPPER
- SOY SAUCE
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## PANTRY

- COCONUT CREAM
- PORK RIND PANKO
- APPLE CIDER VINEGAR
- SESAME SEEDS
- BEEF BROTH
- UNFLAVORED WHEY PROTEIN

all day  
**I DREAM**   
**ABOUT FOOD**

## FROZEN/ FRESH PRODUCE

- FROZEN CAULIFLOWER
- SPAGHETTI SQUASH
- BLUEBERRIES
- GARLIC CLOVES
- BROCCOLI
- GINGER
- ONIONS
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## SPICES / HERBS

- FRESH BASIL
- RED PEPPER FLAKES
- BAY LEAVES
- PAPRIKA
- CHIPOTLE POWDER
- CAJUN SEASONING
- ITALIAN SEASONING
- PEPPERCORNS
- SALT & PEPPER
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## DAIRY/EGGS

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

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## BAKING

- ALLULOSE
- SWERVE BROWN
- SWERVE GRANULAR
- SWERVE CONFECTIONERS
- COCONUT FLOUR
- ALMOND FLOUR
- VANILLA EXTRACT
- BAKING POWDER
- GLUCOMANNAN
- COCONUT EXTRACT
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