

GROCERY LIST

PROTEINS

- Bacon (Nitrate Free)
- Chicken Breasts
- Chicken Legs or Thighs
- Calamari
- Clams
- Crab Legs
- Chuck Roast
- Eggs
- Fish
- Ground Beef
- Ground Pork
- Ground Turkey
- Ham
- Lamb
- Lobster
- Mussels
- Oysters
- Pork Chops
- Pork Loin
- Pork Shoulder/Butt
- Prosciutto
- Rotisserie Chicken
- Sausage (Nitrate Free)
- Scallops
- Shrimp
- Steak
- Turkey
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- _____
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VEGETABLES & HERBS

- Asparagus
- Artichokes
- Avocado
- Bell Pepper

- Basil
- Beets
- Bok Choy
- Broccoli
- Broccoli Slaw
- Brussel Sprouts
- Butternut Squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Collard Greens
- Cucumber
- Dill
- Eggplant
- Garlic
- Ginger
- Green Beans
- Green Onion
- Kale
- Leeks
- Lettuce
- Mint
- Mixed Greens
- Mushrooms
- Onion
- Oregano
- Parsley
- Peppers
- Radish
- Rosemary
- Sage
- Spaghetti Squash
- Spinach
- Summer Squash
- Sweet Potato

- Thyme
- Tomato
- Zucchini
- _____
- _____
- _____

FRUITS

- Apples
- Apricot
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Grapefruit
- Grapes
- Guava
- Honeydew
- Kiwi
- Lemon
- Lime
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerine
- Watermelon
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CUPBOARD

- Almond Butter
- Almond Flour
- Apple Cider Vinegar
- Arrowroot Powder
- Balsamic Vinegar
- Beef Broth
- Canned Tuna
- Cashew Butter
- Chicken Broth
- Coconut Aminos
- Coconut Cream
- Coconut Flour
- Coconut Milk
- Coconut Oil
- Coconut Water
- Coffee
- Curry Paste
- Fish Oil
- Ghee
- Kelp Noodles
- Marinara Sauce
- Mustard
- Olive Oil
- Pumpkin (Canned)
- Raw Honey
- Salad Dressing
- Salsa
- Sesame Oil
- Shredded Coconut
- Tamari
- Tea
- Tomato Paste
- Tomato Sauce
- Tomatoes (Canned)
- Vanilla Extract
- Water Chestnuts
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DRIED SPICES

- Allspice
- Basil
- Bay Leafs
- Cayenne Pepper
- Chili Powder
- Cinnamon (Sticks)
- Cinnamon (Ground)
- Cloves (Ground)
- Crushed Red Pepper
- Cumin
- Curry Powder
- Dill
- Fennel Seed
- Garlic Powder
- Ground Ginger
- Ground Mustard
- Italian Seasoning
- Lemon Pepper
- Marjoram
- Nutmeg
- Oregano
- Paprika
- Parsley
- Pepper
- Rosemary
- Sage
- Sea Salt
- Tarragon
- Thyme
- Turmeric
- Vanilla Bean
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- _____
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NUTS & SNACKS

- Almonds
- Brazil Nuts
- Cashews
- Macadamia Nuts
- Pine Nuts
- Walnuts
- Dried Raisins
- Dried Blueberries
- Dried Cranberries
- Dates
- Figs
- Larabars
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MISCELLANEOUS

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