

Grocery LIST

WEEK OF: 11/27/23

MEAT / FISH

- CHICKEN TENDERLOINS
- GROUND LAMB
- BONELESS PORK CHOPS
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HOUSEHOLD STAPLES

- SMOKED PAPRIKA
- CAYENNE
- GARLIC POWDER
- CINNAMON
- ALMOND FLOUR
- CREAM OF TARTAR
- BAKING POWDER
- VANILLA EXTRACT
- COCOA POWDER
- CLOVES
- HOT SAUCE
- MUSTARD
- OLIVE OIL

SPICES / HERBS

- FRESH SAGE
- FRESH CHIVES
- FRESH BASIL
- FRESH ROSEMARY
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all day
I DREAM 
ABOUT FOOD

PRODUCE

- FRESH GARLIC
- RED PEPPERS
- TOMATOES
- ZUCCHINI
- CAULIFLOWER FLORETS
- ONIONS
- FRESH GINGER
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BAKING / PANTRY

- ALLULOSE HONEY
- SWERVE BROWN
- WALNUT OIL
- COLLAGEN PROTEIN
- XANTHAN GUM
- WALNUT PIECES
- SWERVE BROWN
- UNFLAVORED WHEY PROTEIN
- CHICKEN BROTH
- DRY RED WINE
- PORK RINDS

DAIRY / EGGS

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