

ALREADY HAD

Chicken breasts
Chicken Apple Sausages (Costco)
Assorted seasonings
Unsweetened Sunbutter
Half bag red potatoes
Assorted nuts

COSTCO

1 Pineapple
1 package spring mix lettuce
1 package (6) bell peppers
1 bag (5) avocados
1 package (about 4 lbs) ground turkey
1 grinder pink Himalayan salt
1 bottle avocado oil

HEALTH FOOD STORE:

No sugar spaghetti sauces (2 jars)
2 bottles coconut aminos (soy sauce substitute)
Organic chai tea

REGULAR GROCERY STORE

1 Package XXLean ground beef (about 2.5 lbs)
1 Package Italian sausage (check labels for no sugar!)
1 Package romaine hearts
4 sweet potatoes
1 jicama (first time trying it!)
1 bag of onions (5 lbs)
1 bunch cilantro
1 spaghetti squash
2 pears
4 bananas
Prepackaged baby carrots
2 bags frozen mixed veggies
1 bag frozen mixed berries
2 dozen eggs
1 case (12) La Coix
2 containers chicken broth (check labels for sugar)
1 container beef broth (check labels for sugar)
2 cans diced tomatoes (one with green chilies one without)
Bulk ground cumin (had a shaker to fill at home)
3 cans full fat coconut milk
2 types of tea (Candy Cane & Sweet and Spicy)
1 bottle red wine vinegar
1 bottle apple cider vinegar
1 bottle extra virgin olive oil

