



GROCERY LIST

Proteins

BACON
GROUND BEEF
LAMB
PORK
SALMON
CHICKEN
TROUT
HADDOCK
SHRIMP
TUNA

Extras

COFFEE
STEVIA
CHICKEN BROTH
BEEF BROTH
UNSWEETENED TEA
UNSWEETENED ALMOND MILK
UNSWEETENED COCONUT MILK
WATER
SUGAR FREE DRINKS

Dairy

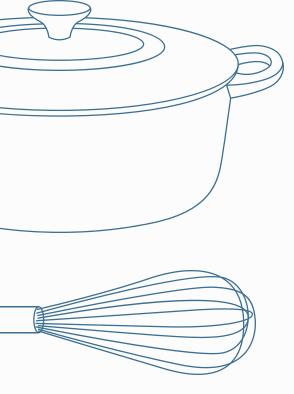
HEAVY WHIPPING CREAM
BUTTER
MAYO
COTTAGE CHEESE
CREAM CHEESE
SOUR CREAM
HALF AND HALF
EGGS

Produce

BROCCOLI MUSHROOMS AVOCADOS SPINACH CAULIFLOWER BELL PEPPERS CUCUMBERS SPINACH GREEN BEANS LETTUCE GARLIC KALE BRUSSEL SPROUTS WATERMELON BLUEBERRIES STRAWBERRIES

Nuts

ALMONDS
SUNFLOWER SEEDS
WALNUTS
PECANS
CASHEWS
CHIA SEEDS
PUMPKIN SEEDS
FLAX SEEDS



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