

grocery list

- 5 pound whole chicken
- 4-5 pounds pork roast (shoulder or loin)
- 2 pounds steak (ribeyes, sirloin, skirt or flank)
- 1 can (5.75-ounce) black olives
- 28-ounce can tomato sauce
- 2 cans (6-ounce) tomato paste
- 28-ounce can diced tomatoes
- 2 yellow onions
- 1 bunch Italian, flat leaf parsley
- 1 small shallot
- 2 bulbs of garlic
- 1-inch piece ginger root
- 8-ounce package white button mushrooms
- 1 bell pepper, any color
- 1 medium bunch basil
- 1 head cauliflower
- 1 head butter or romaine lettuce
- 1 head green leaf lettuce (or choice)
- 1 small head green cabbage
- ½ small head red cabbage
- 2 carrots
- 4 green onions
- 2 avocados
- 2 large tomatoes on the vine
- 2 medium mangos
- 1 small red onion
- 1 jalapeno
- 1 medium bunch cilantro
- 1 lime
- toasted sesame seeds
- ½ cup toasted slivered almonds
- 1 dozen eggs
- 12 strips bacon (about 1 pound)
- 2 cups chicken or beef broth
- coconut aminos
- honey
- sesame oil
- tahini
- Red Star active dry yeast

Should already have:

- almond flour
- apple cider vinegar
- arrowroot starch
- coconut flour
- coconut oil
- olive oil
- black pepper
- sea salt
- spices

