

Produce

- 1 Asparagus
- 1 Bibb "living" lettuce
- 1 Carrot, large
- 1 Cilantro
- 2 Garlic
- Ginger
- 1 Green bell pepper
- 3 Red Bell Pepper
- 1 Red Onion
- 4-6 Red potatoes
- 1 Sliced Mushrooms
- 1 Spinach (container/bag)
- 1 Sweet Potato
- 2 Yellow Onion
- 6-8 Zucchini (zoodles)

Frozen

- Cauliflower rice

Protein

- 2 100% grass fed beef (extra lean if not grass fed)
- Bacon package
- 1 Chicken breast or thighs
- 1 Chorizo (TX: Chorizo De San Manuel)
- Eggs
- 1 Ground pork
- 1.5 Shrimp
- 4 Tilapia filets

Other

- Coconut aminos
- Ghee
- 1 Organic crushed tomatoes (28oz)
- 1 Santa Monica Organic lime juice (jar)

Seasoning

- Chili powder
- Chipotle powder
- Cumin
- Oregano
- Pepper
- Pumpkin Spice Seasoning
- Salt
- Smoked Paprika