

Produce

- Arugula
- 1 Asparagus
- 4 Avocado
- Baby Dill
- Basil
- 1 Bibb "living" lettuce
- 1 Carrot, large
- 1 Celery
- 2 Cilantro
- 2 Garlic
- Ginger
- 2 Jalapeno
- 2 Lemon
- 3-4 Lime
- 1 Red Bell Pepper
- 1 Red Onion
- 2 Sweet Potato
- 2 Tomatoes
- 1 Yellow Onion
- 2 Zucchini

Protein

- 1 100% grass fed beef (extra lean if not grass fed)
- 1 Bacon package
- 1 Chicken breast or thighs
- Eggs
- 1-1.5 Salmon Filet
- 1.5 Shrimp

Other

- Chicken stock or bone broth
- Almond Milk
- Canned Salmon
- Chili Paste
- Coconut aminos
- Coconut milk
- Fish sauce
- Ghee
- Paleo Mayo

Seasoning

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