

Produce		Protein	
	Asparagus		1 100% grass fed beef (extra lean if not grass fed)
	Bib/Boston lettuce		Steaks
2	Garlic	1 lb	Ground pork
	Green bell pepper	2	Chicken breast, package (2-3 lbs total)
	Kale, bunch or bag		Bacon
	Lemon	1 lb	Shrimp
2-3	Mushrooms, sliced		
	Onion, red		
	Onion, yellow		
	Parsley	1	Other
	Red Bell pepper		14.5 oz Artichoke Hearts, quartered
	Red potatoes		Extra light tasting Olive Oil, large
1.5 lb	Spaghetti squash		Red wine vinegar
~ 1 lb	Spinach, bag	1	Pine Nuts (1/2 cup worth)
	Sweet potatoes (1/person)		Chicken Stock (4 cups; McCormick's)
2	Thyme leaves		Chunky Salsa
			Ghee
			Paleo Mayo
			Seasoning
			Chili powder
			Coriander
			Cumin
			Fennel Seed
			Italian Seasoning
			Pepper
			Red pepper flakes
			Salt