Rice, Cereal & Legumes
- ◯ Cilantro lime rice 2-3 packets
- ◯ Zero noodles 1 package

Frozen Foods
- ◯ Frozen strawberries 1 package

Baking
- ◯ Coconut sugar 2 tbsp

Meat
- ◯ Beef 1 lb
- ◯ Cooked chicken (cubed) 3 cups
- ◯ Ground beef 2 lbs
- ◯ Hot sausage 1 lb
- ◯ Liver 1 package
- ◯ Louisiana hot sausage links 1 package
- ◯ Rotisserie chicken 1 whole

Fruits
- ◯ Avocado 1 unit
- ◯ Lime 2 units
- ◯ Prunes 1 bag

Vegetables
- ◯ Bok choy 1 bunch
- ◯ Broccoli 1 bunch
- ◯ Cherry tomatoes 1 cup
- ◯ Cilantro 1 cup
- ◯ Coleslaw mix 1 bag
- ◯ Frozen corn 3.25 cups
- ◯ Green bell pepper 1 unit
- ◯ Green chiles 1 can (4oz)
- ◯ Mushrooms 1 bunch
- ◯ Onion 2.5 units
- ◯ Red bell pepper 1 unit
- ◯ Scallions 1.5 bundles
- ◯ Serrano/Jalapeño pepper 1 unit
- ◯ Shredded carrots 1 bag
- ◯ Snap peas 1 bunch
- ◯ Spinach 1 bunch
- ◯ Zucchini 2 units

Canned Goods
- ◯ Bone broth 8 cups
- ◯ Chicken broth 2+ cups
- ◯ Chili beans 1 can
- ◯ Coconut milk 14 oz
- ◯ Crushed tomatoes 43 oz
- ◯ Stewed tomatoes 1 can
- ◯ Tomato paste 1 can

Condiments & Spices
- ◯ Gochujang ¼ cup
- ◯ Soy sauce ¼ cup

Dairy
- ◯ Boiled eggs 7 min
- ◯ Extra-firm tofu 12 oz
- ◯ Feta cheese 6 oz
- ◯ Ghee 1 container

Beverages
- ◯ Tomato juice 1 large can
- ◯ Water as needed