

Bakery

- Ciabatta bread 1 loaf
- Warm low-carb pita 1 pack

Vegetables

- Brussels sprouts 4 cups
- Cilantro 0.5 cup
- Ginger 1tbsp
- Green onion 1 bunch
- Kale 3 cups
- Parsley 1 cup
- Potatoes 1 bag
- Shallots 2 units
- Water Chestnuts 1 can (8oz)

Baking

- Millet flour 135g
- Tapioca starch 75g

Meat

- Bacon 8 slices
- Ground chicken 1lb
- Ground lamb or beef 1lb
- Pepperoni 20 slices

Fruits

- Banana 1 medium
- Orange zest 1tbsp
- Pomegranate arils 1.5 cups

Snacks

- Pepitas 1 cup
- Saltine crackers 1 sleeve

Rice, Cereal & Legumes

- Crushed cornflakes 1.5 cups
- Rolled oats 2 cups

Canned Goods

- Chicken broth 1 carton

Condiments & Spices

- Aleppo pepper or chili flakes 1tbsp
- Chai spice 2-3tsp
- Chopped dill 2tbsp
- Gochujang or Sriracha 1 pack
- Miso 1 pack
- Sesame oil 1tbsp
- Sweet paprika 1tbsp

Dairy

- Boursin cheese 4oz
- Butter 1.5 sticks
- Cream cheese 1 pack
- Feta cheese 1 unit
- Greek yogurt 1 cup
- Heavy whipping cream 1 pint
- Manchego cheese 1 cup
- Parmesan cheese 1.5 tbsp

Beverages

- Orange liqueur 0.5 cup