

**Rice, Cereal & Legumes**

- 1 can (15 oz) chickpeas (or 1<sup>1</sup>/<sub>2</sub> cups of cooked chickpeas)

**Frozen Foods**

- 1 lb. frozen cut broccoli

**Condiments & Spices**

- coconut oil 2 tablespoons
- creole seasoning 1 teaspoon
- unsalted butter 2 tablespoons

**Dairy**

- full-fat coconut milk ½ cup
- half-and-half ½ cup
- mild Rotel 1 can

**Beverages**

- 1 can (14 oz) coconut milk

**Vegetables**

- cauliflower florets 4 1/2 cups
- minced garlic 4 teaspoons
- Red peppers 2
- vegetable broth 2 cups
- yellow onion 1 cup

**Canned Goods**

- Crushed tomatoes 30 oz
- Tomato paste (no salt added) 12 oz
- Tomato sauce 14 oz

**Meat**

- Boneless, skinless chicken breasts 900 g
- Chicken thighs (Boneless and skinless) 1 kg
- Ground beef (ground round or sirloin) 900 g
- Pork chops 1 kg

**Fruits**

- 2 Limes (Juice only)

**Seafood**

- Salmon