Rice, Cereal & Legumes
- ◯ Chickpeas 1 can (15 oz)

Frozen Foods
- ◯ Frozen cut broccoli 2 lbs

Condiments & Spices
- ◯ Coconut oil 4 tbsp
- ◯ Creole seasoning 2 tsp
- ◯ Unsalted butter 2 tbsp

Dairy
- ◯ Coconut milk (full-fat) 0.5 cup
- ◯ Half-and-half 1 cup
- ◯ Rotel (mild) 1.5 cans

Beverages
- ◯ Coconut milk 2 cans (28 oz)

Vegetables
- ◯ Cauliflower 9 cups florets
- ◯ Garlic 8 teaspoons minced
- ◯ Red peppers 2 large
- ◯ Vegetable broth 4 cups
- ◯ Yellow onion 2 cups diced

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

Meat
- ◯ Chicken breasts 2.8lbs (1.3kg)
- ◯ Chicken thighs 2kg
- ◯ Ground beef 2.9lbs (1.3kg)
- ◯ Pork chops 1kg

Fruits
- ◯ Limes 2

Seafood
- ◯ Salmon 1 unit