Baking

- ◯ Almond flour 1 cup
- ◯ Baking powder 2 tsp
- ◯ Pumpkin Pie Spice 2 tsp
- ◯ Unsweetened chocolate 2oz
- ◯ Vanilla extract 1 tsp

Condiments & Spices

- ◯ Avocado oil 1 tbsp
- ◯ Cinnamon or pumpkin pie spice 2 tsp
- ◯ Ground black pepper 0.25 tsp
- ◯ Monk fruit sweetener cup
- ◯ Salt 0.5 tsp

Meat

- ◯ Italian sausage 1lb

Rice, Cereal & Legumes

- ◯ Great Northern beans 1 can (14.5oz)

Canned Goods

- ◯ Beef broth 28oz (2 cans)
- ◯ Italian-style stewed tomatoes 14.5oz (1 can)

Dairy

- ◯ Almond milk 0.25 cup
- ◯ Cream cheese 6oz
- ◯ Egg 2 units

Miscellaneous

- ◯ Vanilla protein powder 2 scoops

Vegetables

- ◯ Carrots 1 cup
- ◯ Garlic 1 clove
- ◯ Pumpkin 15oz
- ◯ Spinach 2 cups
- ◯ Zucchini 2 small