

### **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