

Baking

- Almond flour 2/3 cup

Dairy

- Cheddar cheese 1/2 cup
- Cream cheese 8oz

Vegetables

- Brussels Sprouts 1.5lb
- Carrots 1 cup
- Corn 15oz
- Diced Tomatoes 15oz
- Garlic Cloves 4 units
- Jalapeño Pepper 1 unit
- Red Bell Pepper 1 unit
- Russet Potatoes 6 units
- Yellow Onion 1 unit
- Zucchini 1 cup

Condiments & Spices

- Buffalo sauce 1.25 cups
- Sugar-free ketchup 1/3 cup

Meat

- Chicken breast 3lb
- Ground turkey 2lb