Weekly Grocery List

Staples and Spices	Animal Products	Produce	Miscellaneous
☐ Cinnamon	☐ Chicken breasts	☐ Carrots	☐ Almond/coconut milk
☐ Nutmeg	☐ Large packs of meatballs	☐ Tomatoes	☐ Ranch dressing
☐ Ground ginger	☐ Rump roast	☐ Bell peppers	☐
☐ Chili powder	☐ Ground beef	☐ Zucchini	☐
☐ Coconut milk	☐ Breakfast sausage	☐ Onions	☐
☐ Almond meal	☐ Lunch meat	☐ Sweet potatoes	☐
☐ Coconut and arrowroot flour	☐ Eggs	☐ Red potatoes	☐
☐ Flaxseed	☐ Cheese	☐ Frozen stir-fry veggies	☐
☐ Vanilla	☐	☐ Apples	☐
☐ Almond butter	☐	☐ Dates	☐
☐ Nuts	☐	☐ Grapes or seasonal fruit	☐
☐	☐	☐ Bananas	☐
☐	☐	☐ Poblano pepper	☐
☐	☐	☐ Jalapeno	☐
☐	☐	☐ Romaine lettuce	☐
☐	☐	☐	☐
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