

PROTEINS:

EGGS
PORK TENDERLOIN
CHICKEN THIGHS
FLANK STEAK
BABYBACK RIBS
BEEF CHUCK ROAST

PRODUCE:

LEMON
GARLIC
GINGER
CILANTRO
BROCCOLI
YELLOW ONION
CARROTS
BABY RED POTATOES

FRIDGE/FREEZER:

VANILLA ALMOND MILK

PANTRY:

OLD FASHIONED OATS
BEEF BROTH
COCONUT AMINOS
CANNED COCONUT MILK
CAN OF TOMATO SAUCE
BBQ SAUCE

NOTES/EXTRA GROCERIES:

