

GROCERY LIST

MEATS

- 3 pounds boneless, skinless chicken (1.5 pounds + 4 small breasts)
- 1 pound ground beef or turkey
- 1 (13-16 ounce) smoked sausage
- 1 (6 ounce) can premium lump crab meat
- 1 package bacon

PRODUCE

- 1 head broccoli
- 1 head garlic
- 1 lime
- 1 lemon
- 2 medium bell peppers (1 yellow, 1 red, preferably)
- 1 onion
- 1 medium zucchini
- 1 bunch green onions
- 1 bunch celery
- 1 1/2 pounds Brussels sprouts
- 1 head cabbage
- Cashews

PANTRY

- 1 (32 ounce) container beef, chicken, or vegetable broth + 1 small can beef broth
- 1 (10 ounce) can tomatoes with green chiles
- Tomato paste
- Soy sauce
- Rice vinegar
- Brown sugar Swerve
- Sesame oil
- Pork rinds

COLD

- 2 (8 ounce) packages cream cheese
- 1 (8 ounce) package shredded or grated parmesan cheese
- 1 (8 ounce) packages shredded cheddar cheese
- Eggs

Bonus Biscuit Ingredients:

- Ham (lunchmeat, country ham, honey ham, your favorite variety)
- Shredded Swiss
- Almond flour
- Heavy cream
- Butter

BONUS

MISC ITEMS YOU PROBABLY ALREADY HAVE

Spices: Salt, Pepper, Cajun seasoning, Old Bay seasoning, Parsley, Chili Powder

Misc: Mustard, Mayonnaise, Cooking spray, Olive oil, Baking powder