

GROCERY LIST FOR MEAL PLANNER /

- PAMELA'S PANCAKE MIX OR KING AURTHUR'S GF FLOUR/MUFFIN MIX
- UNCURED, APPLEWOOD SMOKED BACON
- CHICKEN BREAST/TENDERS
- ORGANIC LETTUCE/SALAD MIX
- AVOCADOS
- GF RICE LASAGNA NOODLES
- CANNED TOMATOES AND TOMATO SAUCE (OR JARRED SPAGHETTI SAUCE)
- RICOTTA CHEESE
- MOZZERELLA
- GROUND TURKEY
- RYNO POWER PROTEIN
- ALMOND BUTTER
- ORGANIC APPLES
- BANANAS
- ORGANIC, FREE RANGE EGGS
- BLACKBERRIES, BLUEBERRIES, STRAWBERRIES
- AGAVE SYRUP (GOOD FOR COFFEE AND TEA TOO!)
- GF BREAD-I RECOMMEND EITHER CANYON BAKEHOUSE, UDI'D OR RUDI'S
- BROWN RICE
- DELI TURKEY
- COCONUT OR ALMOND MILK-REGULAR FLAVOR
- RICE PASTA
- BROWN RICE TORTILLAS
- GRASSFED BEEF/STEAK AND GROUND BEEF
- BLACK BEANS
- SALSA
- RAW, ORGANIC ALMONDS AND WALNUTS
- GLUTEN FREE CRACKERS
- BROCCOLI
- ONIONS
- RED AND GREEN PEPPERS
- TOMATO
- TURKEY SAUSAGE
- ASPARAGUS
- ORGANIC VEGGIES OF YOUR CHOICE TO SAUTEE
- HUMMUS
- CARROTS
- SWEET POTATOES
- PEACHES
- GREEK YOGURT
- LOCAL, ORGANIC HONEY
- GLUTEN FREE GRANOLA
- SPROUTS
- GOAT CHEESE
- ZUCCHINI
- ORGANIC BUTTER
- SEA SALT
- BALSAMIC VINEGAR
- ORGANIC, COLD PRESSED OLIVE OIL
- PESTO SAUCE
- ORGANIC MAYO
- ORGANIC MUSTARD
- ORGANIC COCONUT OIL