



BAKING / PANTRY

- Almond Flour
- Baking Powder
- Coconut Flour
- Coconut Oil
- Erythritol
- Ghee
- MCT Oil/Powder
- Olive Oil
- Salt
- Stevia
- Sugar-Free Chocolate Chips
- Unsweetened Cocoa Powder
- Unsweetened Coconut Cream

CONDIMENTS

- Almond Butter
- Bleu Cheese Dressing
- Ranch Dressing
- Mayonnaise (soybean-oil free)
- Mustard

DAIRY

- Butter
- Cheese
- Cream Cheese
- Heavy Cream
- Sour Cream
- Unsweetened Almond Milk/Coconut Milk
- Unsweetened Greek Yogurt

PRODUCE

- Asparagus
- Avocado
- Blackberries
- Blueberries
- Broccoli
- Brussels Sprout
- Cauliflower
- Mushrooms
- Onion
- Raspberries
- Spinach
- Zucchini

MEAT & SEAFOOD

- Bacon
- Beef
- Chicken Thighs
- Eggs
- Liver
- Salmon
- Sausage
- Shrimp

SNACKS

- Almonds
- Beef Jerky
- Brazil Nuts
- Macadamia Nuts
- Pork Rinds