

Produce

Carrots
1 Bell pepper
Broccoli
Pea pods
3 Parsnips
2 Turnips
1 bunch Parsley
1 bunch Cilantro
1 head Radicchio
1 Red onion
Ginger
2 limes
3 lemons
2 bulbs Garlic
Onions
Potatoes
Green beans
Salad

Dairy

Heavy whipping cream
Whole milk
Butter
Feta cheese

Meat

5 lbs chicken
2 lbs Chicken breasts
2 lbs Rump roast
4 4-6 oz steaks salmon
1 lb shrimp
16 oz clams (frozen if available)

Condiments

White wine
Red wine
Beef stock
Coconut oil
Sesame oil
Chicken stock
Gluten Free Pasta, 1 lb
Brown rice
Fish sauce
Quinoa

Pine nuts
Coconut oil
Ghee
Palm sugar (or turbinado)
1 can coconut milk
Extra virgin olive oil
Soy sauce
Rice vinegar
honey

Spices

Dill
Marjoram
Thyme
Oregano
Saffron
Bay leaves