

the DIRTY FLOOR DIARIES

Meat:

- 1lb ground Italian sausage
- 2lbs lean ground meat (chicken, turkey, etc...)
- 2lb Bacon
- 1.5lbs Boneless Chicken Thighs
- 1lb Chicken thighs or breasts (thighs are cheaper)
- 1.5 lb Beef Kielbasa
- 4-5lb Pork Shoulder

Produce:

- 7 bell peppers (any color)
- 2 heads Cauliflower
- 2 White Onion
- 2 Large Red Onions
- 3 Heads of Garlic
- 1LARGE Vidalia Onion
- 2 Turnips
- 1 Beet
- 1 Avocado
- Cherry Tomatoes
- Fresh Basil
- Green Onions
- Celery
- Yellow Onion
- 1 Head Red Cabbage
- Collard Greens
- 1 large, or 2 small mangoes
- 1 large bag Sauerkraut (approx 2lbs)
(sometimes Saurekraut will be near the refrigerated pickles, ask your grocer if you can't find them)

Dairy:

- 5 Dozen Eggs (or enough for you and your family for reasonable breakfasts), taking into consideration there are lots of eggs in the pancakes.

Aisle Food:

- Dried Oregano
- Dried Thyme
- Black Pepper
- Smoked Paprika
- Garlic Powder
- Dried Chipotle Flakes
- Dijon Mustard
- 1 small can Tomato Paste
- Apple Cider Vinegar
- Curry Paste
- 4 cans coconut milk
- Cinnamon
- Baking Soda
- Nutmeg
- Medium Bottle of BBQ Sauce W/O Sugars (or make your own BBQ Sauce)

ADD ANY ADDITIONAL THINGS ON YOUR LIST HERE: