

## Meat:

- 9.5lb ground beef
- 3lb ground turkey (for tacos & meatballs)
- Meat topping for "pizza" (pepperoni, sausage, etc . . . )
- 1lb Mild Italian Sausage
- 6 Hot Dogs (High quality here)
- 1lb Bacon

## Produce:

- Toppings for pizza (onion, bell pepper, spinach, olives, etc . . . )
- Romaine Lettuce
- 2 Red Onion
- 2 Heads of Garlic
- 12 Zucchini (that is NOT a typo)
- 3 Sweet Potatoes
- 3 Medium Onions
- 2 Large Bell Peppers (any color)
- Swiss Chard or Kale
- Spaghetti Squash

## Dairy:

- 5 Dozen Eggs (or enough for you and your family for reasonable breakfasts)
- Mozzarella Cheese (1/2lb)
- 1/4 cup Parmesan Cheese
- 7oz total Raw Sharp Cheddar (if you want - optional in both recipes)

## Aisle Food:

- Oregano
- Basil
- Garlic Powder
- Cayenne Pepper
- Nutmeg
- Paprika
- Sea Salt
- Olive Oil
- Coconut Oil
- Chili Powder
- Cumin
- Pumpkin pie spice (or Cinnamon & Nutmeg)
- Smoked Paprika
- Cocoa Powder
- Onion Powder
- Jar Pasta or Pizza sauce
- 28oz can Tomato Puree
- 14oz Can Tomato Sauce
- 15oz Cans Fire Roasted Diced Tomatoes
- 24oz Can Fire Roasted Diced Tomatoes
- 28oz Can Diced Tomatoes
- 2 Small Cans Tomato Paste
- Arrowroot
- 3 cans coconut milk (full fat)
- Tahini
- Gluten-free Nutritional Yeast
- Dijon Mustard
- Rice Vinegar
- Dill Pickles (make sure they're sugar free)
- Apple Cider Vinegar
- Coffee
- Coconut Aminos