

# D the DIRTY FLOOR DIARIES

## Meat:

- 5lb Ground beef
- 1lb ground lamb (or another lb ground beef)
- 6 Tilapia Filets (or enough to feed your family)
- Approx 9 chicken breasts (boneless, skinless)
- Whole, Large Roaster Chicken
- 2 packages of bacon

## Produce:

- 12oz Brussels Sprouts
- Spaghetti Squash
- 1 head Lettuce (to use as a hamburger "bun", so use your favorite type)
- 1-lb (fresh) Kale, Swiss Chard, or Spinach (your choice)
- 1lb frozen Spinach
- Cabbage
- 3 heads broccoli
- 1 Tomato
- 2 heads cauliflower
- 1lb Carrots
- 1 pkg mushrooms
- 1 bunch green onion
- 1 bunch celery
- 2 heads Garlic
- 1 lemon
- 1 shallot
- 1 onion

- 1 green pepper
- Ginger
- 2 Sweet Potatoes
- Green Beans
- 1 bunch Asparagus
- 8 Apples (your choice)
- Pecans (small package, or 1/4 - 1/2lb)

## Dairy:

- 1lb Butter
- 11oz Chevre
- Eggs (we use about 5 doz/week)
- Cheese for hamburgers (optional)

## Aisle Food:

- Balsamic Vinegar
- Coconut Aminos
- Olive oil
- Paprika
- Coconut oil
- Water Chestnuts
- Cinnamon
- 2 cans coconut milk
- Garlic Powder
- Sesame Oil
- Cumin
- Thai Red Curry Paste
- Skewers (6")
- Almond Flour
- Baking Soda
- Unsweetened, Shredded Coconut
- Raisins
- Honey
- Vanilla Extract
- Mustard
- Ketchup (make your own for most healthy version)