

the DIRTY FLOOR DIARIES

Meat:

- 2 Cans Tuna
- 2lb Bacon
- 5 Cornish Game Hens (or enough to feed your family)
- 3lb Ground Beef
- Pepperoni

Produce:

- 1 Head Cauliflower
- Sundried Tomatoes
- Basil Leaves
- 2 Fists Garlic
- Heirloom Tomato
- 6 Scallions
- Ginger
- 2 Portobello Caps
- 1 Head Iceburg Lettuce
- 1 Head Romaine Lettuce
- 1 Head Cabbage (color doesn't matter)
- 5 Yellow Onion
- 1 Small Red Onion
- 1 Zucchini
- Celery
- 1lb Carrots
- 1 Large or 2 Small Spaghetti Squash
- 1 Large Apple (buy more to snack on if you please)

Dairy:

- Eggs (we use about 5 doz/week, you will need about 2 doz for this week's recipes)
- Butter
- Mozzarella

Aisle Food:

- Almond Flour
- Coconut Flour
- Ground Coriander
- Dried Dill
- Dried Basil
- Cinnamon
- Baking Soda
- Flax Meal
- Sunflower Seed Flour (or Almond Flour)
- Arrowroot Flour
- Honey
- Baking Powder
- Whole Cloves
- Olive Oil
- Coconut Oil
- Broth (recipe calls for bone broth, but if you don't have any, or don't have time to make some, buy some. You will need 9 cups total this week.)
- 1 29oz Can Tomato Sauce
- 2 15oz Can Diced Tomatoes
- 1 29oz Can Diced Tomatoes
- Tomato Paste
- Bay Leaves
- Italian Seasoning (or Oregano)
- Garlic Powder
- Apple Cider Vinegar
- Sage
- 1 Can Full Fat Coconut Milk
- Shredded Coconut
- Vanilla Extract
- Raisins