

# the DIRTY FLOOR DIARIES

## Meat:

- 1-1/2lb Boneless Skinless Chicken Thighs
- 5lb Pork Loin or similar
- 2lb Bacon
- 1lb Ground Pork
- 1-1/2 to 2lb London Broil
- 1lb Ground Chicken
- *Nitrite-free Mini hot Dogs*

## Produce:

- *1 Large Zucchini (or yellow squash)*
- 2 Heads Cauliflower
- 1 Fist Garlic
- 3 Pepperoncini Peppers (optional)
- 3 Lemons
- 3 Limes
- 1 Orange
- 2 Medium Apples (and more for snacking)
- 1 red onion
- Fresh Sage Leaves
- White or Yellow Onion
- Shredded Broccoli Slaw
- Carrots
- Italian Parsley
- Cilantro
- 1 Head Broccoli
- 1 Jicama
- 1 Shallot
- Brussels Sprouts
- 2 lb Chopped Spinach (Frozen)
- Bagged Salad or a head of lettuce
- 1 Fennel Bulb
- 1 Medium Eggplant
- *2 Flats Strawberries*
- *Blueberries*
- *Raspberries*
- *Pineapple*
- *Kiwi*
- *Cantaloupe*

## Dairy:

- Eggs (we use about 5 doz/week, you will need about 2 doz for this week's recipes)
- *Parmesan (Optional)*
- *Chevre (optional)*

## Aisle Food:

- Almond Butter
- Honey
- Vanilla
- Baking Soda
- Cinnamon
- Nutmeg
- Tarragon
- Parsley
- Garlic Powder
- Onion Powder
- Allspice
- *1 Package Dark Chocolate Chunks*
- Oregano
- Chicken Stock
- Coffee
- Molasses
- Dijon Mustard
- Wheat-Free Tamari or Coconut Aminos
- Worsterchire Sauce
- Hot Sauce of your choice
- Ketchup (sugar free)
- Paprika
- Italian Seasoning
- 3 Cans Coconut Milk
- Curry Powder
- Coconut Oil
- Olive Oil
- Apple Cider Vinegar
- Balsamic Vinegar
- Sherry Vinegar
- Almond Flour
- Shredded Coconut (unsweetened)
- Yellow Mustard
- Chicken Stock
- *2.5 cups assorted nuts & seeds*
- *1 Cup Dried Fruit (Raisins, etc...)*
- *Kombucha*
- *POM Juice*
- *Gelatin*
- *Coconut Flour*