

the DIRTY FLOOR DIARIES

- Cashews for garnish (optional)
- Tamari (used in 2 recipes)
- Tomato Paste
- Coconut Oil (more than one recipe)
- Salsa
- Baking Soda
- Cream of Tartar
- Vanilla

Meat:

- 2-3lb Chicken Thighs or breasts
- 1-1/2 lb Ground Turkey or Chicken
- 2lb Bacon
- 10 Tilapia Filets (sold in large packages at Walmart & other grocers)
- 1 package Italian Sausages
- 1 lb Bratwurst

Produce:

- 2 Zucchini
- 1 Carrot
- 1 Head Garlic
- Green Onions
- Cilantro for Garnish (optional)
- Yellow Onion
- Brussels Sprouts
- Iceberg Lettuce
- Red Cabbage
- Boston Butter Lettuce
- Bananas
- Package Broccoli, Cauliflower, Carrot Mix
- 2 Green Bell Peppers
- 2 Scallions
- 2 Lemons

Dairy Case:

- Eggs (we use about 5 doz/week, you will need about 2 doz for this week's recipes)
- 1/2 lb Cheese (optional - you pick type) (2 recipes)
- Sour Cream (optional)
- Coconut Milk (can also get can of coconut milk in dry goods aisle)

Aisle Food

- Sunbutter (or Peanut Butter)
- 2 Cans Coconut Milk
- Chicken Stock
- Fish Sauce



- Almond Flour (Used in 2 recipes)
- Dijon Mustard
- Hot Sauce (optional)

Herbs/Spices

- Ginger (powdered)
- Cayenne Pepper
- Red Pepper Flakes (optional)
- Parsley
- Italian Seasoning
- Chili Powder
- Garlic Powder
- Dried Oregano
- Kosher Salt

Other!

- Gluten-free Beer (one bottle)