

Veggies

1 bunch kale
1 onion
1 bunch Swiss chard
1 head romaine
1 ctr sprouts
4 Portobello mushrooms
2 cucumbers
7 lbs tomatoes
1 ctr cherry tomatoes
1 bell pepper
1 bunch cilantro
1 head garlic
1 jalapeno pepper
1-2 bunches basil
1 head broccoli
1 head cauliflower (opt)
3 avocados

Fruits

2 bunches bananas
2 kiwi
1-5 limes
fruit salad fruits (opt)

Frozen

1 bag strawberries
1 bag cherries
1 bag tri-berry blend
1 bag blueberries
1 bag peaches
1 bag mango
1 bag pineapple
1 bag corn
1 bag stir fry veggies

Misc

rice
quinoa
8 corn tortillas
mustard
balsamic vinegar
olive oil/coconut oil
sesame oil
1 c cashews (opt)
flax seeds
Bragg's Liquid Aminos
graham crackers (opt)
protein powder
stevia
BCAAs

Meat/Dairy

1-2 Qt Non-dairy milk
1 doz eggs
1 lb chicken
3 oz shrimp (opt)
1 sm box tofu (opt)
1 sm bag shredded cheddar cheese
3 oz fish (opt)

Canned

2 cans black beans
1 can garbanzo beans
1 can fire-roasted diced tomatoes
1 jar salsa verde OR green enchilada sauce
1 can chicken/veg broth

Herbs/Spices

salt
pepper
cumin
cinnamon
chili powder
thyme
red pepper flakes
basil?
vanilla