



# Grocery List

STYLE SOUFFLE

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Apples                                 | <input type="checkbox"/> Bananas      |
| <input type="checkbox"/> 21 Seasoning Salute                    | <input type="checkbox"/> Berries      |
| <input type="checkbox"/> Ghee                                   | <input type="checkbox"/> Bacon        |
| <input type="checkbox"/> Avocado Oil                            | <input type="checkbox"/> Fish         |
| <input type="checkbox"/> Coconut Amino's                        | <input type="checkbox"/> Broccoli     |
| <input type="checkbox"/> Coconut Flour                          | <input type="checkbox"/> LaraBar's    |
| <input type="checkbox"/> Coconut Oil                            | <input type="checkbox"/> Oranges      |
| <input type="checkbox"/> Coconut Milk (Unsweetened)             | <input type="checkbox"/> Bell Peppers |
| <input type="checkbox"/> Raw Almonds /Pistachios                | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Coconut Flakes                         | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Dried Mango's                          | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Dried Plantains                        | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Almond Butter                          | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Sweet Potatoes                         | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Avocado(s)                             |                                       |
| <input type="checkbox"/> Onion(s)                               |                                       |
| <input type="checkbox"/> Spaghetti Squash                       |                                       |
| <input type="checkbox"/> Lettuce                                |                                       |
| <input type="checkbox"/> Tomatoe(s)                             |                                       |
| <input type="checkbox"/> Cucumber                               |                                       |
| <input type="checkbox"/> Chicken                                |                                       |
| <input type="checkbox"/> Ground Turkey                          |                                       |
| <input type="checkbox"/> TJ's Chicken Sausage (several flavors) |                                       |
| <input type="checkbox"/> TJ's Chile Lime Chicken Burgers        |                                       |

