



**Meal A** - Sheet Pan Chicken Bacon Ranch  
**Meal B** - Delicata Squash "Sliders"  
**Meal C** - Tomato Basil Soup w/Sausage  
**Meal D** - Sweet Potato Chicken Pad Thai  
**Meal E** - Loaded Breakfast Casserole  
**Meal F** - Paleo Chocolate Custard  
**Meal G** - Homemade Trail Mix

\*Letters in parenthesis below indicate which meal the ingredient is for\*

## Produce

- 4 Avocados [B]
- 1/2 cup Fresh basil leaves [C]
- 6 cups Broccoli florets [A]
- 1 large Carrot [E]
- 2 small heads Cauliflower [A]
- 1/4 cup Cilantro [D]
- 2 Delicata squash (small, to be cut into 10-12 half-inch slices) [B]
- 10 cloves Garlic [C,D,E]
- 6 cups Greens (spinach/romaine/arugula) [B]
- 1 Lime [D]
- 3 Green onions [D]
- 2 Onions [C,E]
- 1-1/4 Red onions [A,B]
- 3 Sweet potatoes [D]
- 2 tablespoons Fresh sage (or sub dried) [E]
- 1 Shallot [D]
- 1 medium Zucchini [E]

## Nuts & Seeds

- 1 -1/2 cups Raw cashews [D,G]
- 1/2 cup Raw pumpkin seeds [G]
- 1 cup Raw walnuts [G]

## Meat

- 24 pieces Bacon [A,B,E]
- 2 pounds Ground beef [B]
- 3 pounds Boneless skinless chicken thighs [A]
- 1-1/2 pounds Chicken breasts [D]
- 1 pound Pre-cooked Italian sausage (or other pre-cooked sausage of choice, about 4 large sausages) [C]
- 1 pound Ground turkey (or sub ground beef or chicken) [E]

## Refrigerated

- 1 tablespoon Grass-fed butter or ghee [E]
- 14 Eggs [D,E]

## Oil & Vinegar

- 1/3 cup Avocado oil [A,B,C]
- 3 tablespoons Sesame oil [D]
- 1 tablespoon White vinegar [D]

## Pantry

- 2 tbsp Raw cacao powder [F]
- 1/4 cup Cashew butter [D]
- 3 cups Chicken broth [C]
- 1/4 cup Dairy-free chocolate chips [G]
- 2 tbsp Coconut aminos [D]
- 1 tbsp Fish sauce [D]
- 1 tbsp Grass-fed gelatin [F]
- 2 tbsp Pure maple syrup [F]
- 1/3 cup Mayo [A]
- 2-1/2 cups Full fat coconut milk [C,F]
- 1/2 cup Raisins [G]
- 1 tsp Hot sauce [C]
- 2 tbsp Tomato paste [C]
- 1 teaspoon Vanilla [F]
- 2 cans Diced tomatoes (28oz cans) [C]

## Seasonings

- 1 tsp Chili powder [B]
- 1-1/2 tsp Dried chives [A]
- 1 tsp Cumin [B]
- 1 tsp Dill weed [A]
- 2-1/2 tsp Garlic powder [A,B]
- 1 tsp Onion flakes [A]
- 2 tsp Onion powder [A,B]
- 1-1/2 tsp Dried parsley [A]
- 1 tsp Italian seasoning [E]