

Meat & Fish

3 Packages [Compliant Bacon](#)
1.5 lb Compliant Sliced Turkey
1 lb Sushi-Grade Tuna
1 lb Compliant Ground Chorizo
1 lb Ground Beef
3.5 lb Pork Shoulder
1 Whole Chicken
1 lb Wild Halibut
1.5 lb Chicken Breasts

Other Animal Products

2 Dozen Eggs
6-8 Cups Compliant Chicken Broth

Fruits & Veggies

1 Cantaloupe
4 Apples
1 Pint Blueberries
1 Bunch Green Grapes
1 Bunch Collard Greens
4 Pears
16 Medium Sized Tomatoes
18 Medium Sized Avocados
3 Red Onions
1 Head of Broccoli
3 Cucumbers
10oz Mesclun Mix or Spring Mix
½ Cup Kalamata Olives
6 Large Zucchini
3 Lemons
2 Heads Garlic
3 Cups Fresh Basil, Packed
10oz Spinach
1 Bunch Cilantro
3 Limes
14 – 16oz Slaw Mix
1 Small Bag Frozen Pineapple
2 Bunches Collard Greens
3 Yellow Onions
2 Yellow Squash
2 Medium Sized Butternut Squash
8 Apricots
4 Figs
5oz Arugula
1 Head of Celery
¼ Purple Cabbage
1 Bunch Kale

Pre-Packaged Goods

1 Bag [Alive and Radiant Quite Cheezy Kale Chips](#)
2 Packages [Sea Snax](#)
2 Compliant [RXBARs](#)
[Primal Kitchen Chipotle Mayo](#)
[Tessemae's Ketchup](#)
[Tessemae's BBQ Sauce](#)
2 Cans [Wild Planet Organic Chicken](#) (Or Two Chicken Breasts)
[Primal Kitchen Foods Greek Dressing](#)
[Primal Kitchen Foods Mayo](#)

Oils & Cooking Fats

[Olive Oil](#)
[Toasted Sesame Oil](#)
[Avocado Oil](#)
Ghee

Spices, Nuts & Other Pantry

1 Cup Mixed Nuts (Roasted and/or Salted is okay)
1 Large Handful Macadamia Nuts
1 Cup Cashews
2 Handfuls Pecans
3 Handfuls Walnuts
Black Sesame Seeds (optional)
2 Cans [Coconut Milk](#)
Sea Salt
[Primal Palate Adobo Seasoning](#)
Paprika
Chili Powder
White Pepper
Cayenne
Dried Mustard
Red Pepper Flakes
Oregano
Onion Powder
Black Pepper
Garlic Powder
Cumin
[Apple Cider Vinegar](#)
[Coconut Aminos](#)
Balsamic Vinegar
1.5 Cups [Almond Flour](#)
1/5 Cup [Cassava Flour](#)