

VEGGIES	FRUIT	COLD	PANTRY
<input type="checkbox"/> Spinach	<input type="checkbox"/> Strawberries	<input type="checkbox"/> 2 dozen Eggs	<input type="checkbox"/> Nuts (No peanuts)
<input type="checkbox"/> 2 Red bell pepper	<input type="checkbox"/> Blueberries	<input type="checkbox"/> Almond milk	<input type="checkbox"/> Walnuts
<input type="checkbox"/> 2 Green bell pepper	<input type="checkbox"/> Blackberries	<input type="checkbox"/> Maple syrup	<input type="checkbox"/> Green tea
<input type="checkbox"/> Broccoli	<input type="checkbox"/> Raspberries	<input type="checkbox"/>	<input type="checkbox"/> Marinara sauce
<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Bananas	<input type="checkbox"/>	<input type="checkbox"/> 1 can Coconut milk
<input type="checkbox"/> 2-3 Avocado	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Coconut oil
<input type="checkbox"/> Romaine lettuce	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Tuna
<input type="checkbox"/> Kale	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 1 can of Diced tomatoes
<input type="checkbox"/> 2 Portabello mushrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 1 can of Crushed tomatoes
<input type="checkbox"/> 2 Tomato	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> 1 can of Tomato Paste
<input type="checkbox"/> 3-4 Zucchini	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Raspberry vinaigrette
<input type="checkbox"/> Basil			<input type="checkbox"/> Apple cider vinegar
<input type="checkbox"/> Red cabbage			
<input type="checkbox"/> Spaghetti squash	MEAT	HOUSEHOLD	MISC.
<input type="checkbox"/> 3-4 Sweet potatoes	<input type="checkbox"/> 4-5 Chicken breast	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Ginger	<input type="checkbox"/> 2 Steak	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Green onion	<input type="checkbox"/> 1 pkg Bacon	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Beets	<input type="checkbox"/> 2 Sausage	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Radish	<input type="checkbox"/> Salmon filet	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> 2 -3 Lemons	<input type="checkbox"/> Smoked salmon	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> 2 lbs Ground beef	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> White fish	<input type="checkbox"/>	<input type="checkbox"/>
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* Quantities based on 1 person, adjust as needed