**PROTEIN**

4 pounds ground beef  
2-3 pounds boneless, skinless chicken thighs  
5-7 pound pork roast, boneless or bone in (shoulder, Boston butt, not loin)  
organic, pastured eggs  
tuna packed in olive oil  
boneless, skinless sardines

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**CANNED GOODS**

1 can (6 ounces) tomato paste  
1 can (14.5 ounces) fire-roasted, chopped tomatoes  
1 can (14.5 ounces) beef broth (or homemade)  
32 ounces chicken broth (or homemade)

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**VEG & FRUIT**

4-6 lemons  
2-3 limes  
spaghetti squash  
sweet potatoes  
2-3 heads fresh garlic  
4 medium onions  
fresh parsley or cilantro (or both)  
1-2 pounds broccoli  
1-2 pounds green beans  
2 pounds zucchini (about 4 medium)  
2 cans coconut milk

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**FATS**

light-tasting olive oil (try Bertoli or Filippo Berio)  
extra-virgin olive oil  
unrefined coconut oil  
unsweetened sunflower seed butter

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**SPICES**

salt  
coarse (granulated) garlic powder  
dry mustard  
Italian herb blend (or dried oregano, basil, and rosemary)  
dried oregano leaves  
chili powder  
ground cumin  
unsweetened cocoa  
ground allspice  
ground paprika  
black pepper

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**OTHER**

parchment paper or aluminum foil  
coconut aminos  
rice vinegar

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**Don't be grumpy! Think of all the delicious meals you can make with this food!**