

## VEGETABLES

2 bunches Asparagus  
2 heads Butter Lettuce  
1/2 cup celery  
3 cloves + 1/2 teaspoon Garlic  
1 green bell pepper  
1/4 cup onion  
1 red bell pepper  
2 tablespoons red onion  
1 head romaine lettuce  
4 cups spinach  
2 sweet potatoes  
1 yellow bell pepper  
2 yellow onions

## PANTRY ITEMS

3 cans (5 oz) albacore tuna, in water  
1/2 cup apple cider vinegar  
cup chicken broth  
3 tablespoons dijon mustard  
1 teaspoon olive oil  
olive oil spray  
6 pimento-stuffed green olives  
1/2 cup roasted red bell pepper (from jar)  
1 cup sugar-free barbeque sauce  
3 tablespoons whole grain mustard  
4 cups vanilla protein powder  
1/2 cup old fashion oats  
1/2 teaspoon baking soda  
2 teaspoons plus 10 drops liquid stevia  
2/3 cup coconut oil  
1 cup coconut flour  
1 cup canned pumpkin (NOT pumpkin pie filling!)  
1 cup creamy nut butter of your choice  
1 teaspoon vanilla extract  
1/2 cup stevia-sweetened chocolate (chips or bar) (Lily's brand)

## SPICES

1 teaspoon black pepper  
1 tablespoon chili powder  
2 teaspoons Dried Thyme  
1 teaspoon ground cayenne pepper  
2 teaspoons sea salt  
sea salt and black pepper

## MEAT/EGGS

2 cups egg whites  
4 pounds pork shoulder roast  
1 whole roasting chicken  
4 eggs  
4 hard boiled eggs

## BEVERAGES

1 can (12 oz) zevia ginger ale  
1/2 cup fresh orange juice  
1/2 cup lowfat milk

## FRESH HERBS

1 teaspoon fresh parsley  
2 teaspoons fresh thyme

## FRUIT

2 Lemons

## OTHER

1/2 cup white bean hummus  
1 cup cottage cheese  
2 1/3 cups nonfat Greek yogurt

## NUTS/SEEDS

24 raw walnut halves  
50 raw almonds