

Spices and Herbs (fresh and Dried)	
<i>Note: Where optional is indicated you can omit from recipes and just use more cinnamon</i>	
All Spice	1 Container- <i>OPTIONAL</i>
Basil	1 Container, 1 bunch
Balsamic Vinegar	1 small bottle
Black Pepper	1 Container
Cardamom	1 Container- <i>OPTIONAL</i>
Cayenne	1 Container
Celery Seed	1 Container- <i>OPTIONAL</i>
Chipotle in Adobo sauce or Sriracha sauce	1 Jar
Cinnamon	1 Container
Cloves	1 Container- <i>OPTIONAL</i>
Cumin	1 Container
Ginger – Fresh	5-6 inches
Italian herb blend	1 Container
Low Sodium Chicken Broth	1 Quart (freeze rest)
Maine’s Sea Seasoning (kelp or dulse varieties)	1 Container- <i>OPTIONAL</i>
Mint – fresh	1 bunch
Nutmeg	1 Container- <i>OPTIONAL</i>
Olive oil	1 Bottle
Oregano	1 Container
Rosemary	1 Container
Sea Salt	1 Container
Thyme	1 Container
Turmeric	1 Container
Vanilla Extract	1 Bottle

Nuts and Seeds	
Almond Butter - Raw	1 Jar
Almonds	8 almonds
Chia Seeds	¼ cup
Flaxseeds	4 Cups
Pumpkin Seeds	½ cup
Sunflower seeds	1 Cup

Fruit and Vegetables	
Apples	4 Apples
Apples – Chips	Bare Naked Package
Avocado	3 Avocados
Blue Berries	3 Cups

Cranberries (dried)	2 Tbsp
Lemon	11 Lemons
Pears	2 Pears
Beets	2 Beets
Broccoli	16 Cups (8 heads)
Carrots	6 Pounds
Garlic	17 Cloves (3 Bulbs)
Kale	1 Bunches
Lettuce – Baby Romaine	16 Cups
Onion	7 Large Onions
Radicchio	1 Head Radicchio
Shitake mushrooms	4 Large
Zucchini	7 Large, 3 Medium

Meat and Dairy Products	
Butter	1 Pound
Chicken	15-22 Ounces
Goat Cheese	1.5 Ounces
Manchego Cheese	½ Ounce

Miscellaneous	
65% Dark Chocolate	1-2 Bars
Agave	1 Bottle
Apricot Jam	1 Jar
Basmati rice	1 Package
Brown Sugar	1 Package
Coconut Milk - Full fat	2 Cans
Coffee	1 Package
Honey	1 Jar
Red Wine	1 Bottle
Silk Coconut Beverage or Rice Dream	2 Quart Carton