

Meats and More

Meats:

- Shrimp
- Chicken (Boneless skinless chicken breast)
- Ground Turkey
- Lean Hamburger (93% lean)

Grains and Beans:

- Red Beans
- Black Beans
- Quinoa
- Brown Rice
- Chia Seeds

Dairy:

- Almond Milk
- Eggs (brown organic eggs)
- String Cheese
- Boars Head White American Cheese

Seasonings: (organic items)

- Basil
- Garlic
- Turmeric
- Italian Seasoning
- Oregano
- Parsley
- Himalayan Sea Salt