

FRESH PANTRY ITEMS

- Eggs
- Tofu
- Shredded Cheese
- Carrots
- Celery
- Green Cabbage or Napa Cabbage
- Lemons
- Potatoes
- Sweet Potatoes
- Garlic (or pre-chopped garlic)
- Ginger root
- Onions (pre-chop and freeze any extras)
- Chicken (boneless and chicken parts on the bone)
- Ground meat (grass-fed beef, turkey, chicken)
- Tortillas
- Avocados

FROZEN PANTRY ITEMS

- Frozen Vegetables (e.g., peas, corn, chopped spinach, green beans, bell peppers)
- Shrimp

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