

ITEMS Name	NAME	DETAILS/WHY
<b>Freezer Section</b>		
Frozen organic vegetables Grass-fed hamburger patties or Preagers Veggie burger patties Salmon Patties *some gf frozen meal bowls Garden Lites egg Frittatas for breakfast on the go Organic fruit juice pops	Freezer Section Freezer Section Freezer Section Freezer Section Freezer Section Freezer Section	Broccoli, cauliflower, riced cauliflower, mixed veggies  Rice, kale, quinoa  Sweet treat
<b>Snack Items</b>		
Organic Corn tortilla Chips (v) Crunch Master GF Mjultigrain Cracker (v) Kind Bars (Vegetarian - contains honey) Terra Classic Chips (v) Simple mills almond crackers (V) Made Good Organic granola Mini packs (V) Kirklands cashew clusters *Vegetarian -honey Organic cashews or mixed nuts (V)	Snack Items Snack Items Snack Items Snack Items Snack Items Snack Items Snack Items Snack Items	Non-gmo, nachos, taco salad, etc.  Less than 10g sugar, high protein Root vegetables  On the go snacks Great protein, afternoon or brunch snacks
<b>Household Items</b>		
Hydrogen Peroxide -2 pack Epsom salt (box of 2 bags) Oxiclean	Household Items Household Items Household Items	Dye and fragrance free
<b>Refrigerated</b>		
Organic party wings Organic Chicken thighs Organic young chickens whole (for roasting)  Kirklands grass-fed ground beef Annie's chicken sausages Organic Salsa (V) Organic Feta in brine Kerry Gold Butter Kerry Gold Cheeses Perfect Bars (v) Organic Romaine hearts (if not from local farmer) Organic spinach Organic green beans Kirkland organic eggs Organic live culture sauerkraut Keep an eye out for new organic, fermented items.	Refrigerated Refrigerated Refrigerated  Refrigerated Refrigerated Refrigerated Refrigerated Refrigerated Refrigerated Refrigerated Refrigerated Refrigerated Refrigerated Refrigerated Refrigerated	I get soup, bone broth, and at least two meals out of chicken for the 4 of us. (quesadillas, nachos, shredded with rice and veggies.  (several varieties/flavors)       (sauteed spinach, creamed spinach, salads)
<b>Fresh Fruits and Veggies (v)</b>		
Any organic (blueberries, apples, bananas, carrots, cucumbers, lettuces, etc..)	Fresh fruits and veggies (v)	
<b>Pantry Items</b>		
Unrefined coconut oil (V) Organic olive &/or Avocado oil (V) PB Fit or PB2 (V) Organic Bone Broth (if not making at home) Sliced peaches in water (V) Jarred organic pasta sauce (V) Jarred bean salad (V) Non-gmo microwavable rice packs (V) Quinoa and kale rice packs (V) Organic Jasmine rice (V) GF spelt Ramen noodles GF V noodles (black bean, etc...) *(periodically) GF Oats	Pantry items Pantry items Pantry items Pantry items Pantry items Pantry items Pantry items Pantry items Pantry items Pantry items Pantry items Pantry items	cooking, shakes, coffee, etc...  See recipes for homemade Peanut butter
<b>Add Your Own</b>		

\*Please keep in mind that items are subject to change, be discontinued, or new items added. These are my favorite choices to stock my fridge, pantry, and freezer with for easy and healthy meals.