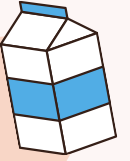


GROCERY LIST



EGGS

HEAVY CREAM

ARTICHOKE

SALMON

OLIVES

ASPARAGUS

FULL-FAT DAIRY

COCONUTS

BELL PEPPER

SEAFOOD

AVOCADOS

BROCCOLI

BONE BROTH

NUTS

BRUSSEL SPROUTS

MEATS

SEEDS

CABBAGE

LARD

GREEK YOGURT

CAULIFLOWER

TALLOW

BEANS

CELERY

DUCK FAT

LENTILS

CUCUMBER

BUTTER

SPLIT PEAS

GARLIC

GHEE

BERRIES

GREENS

