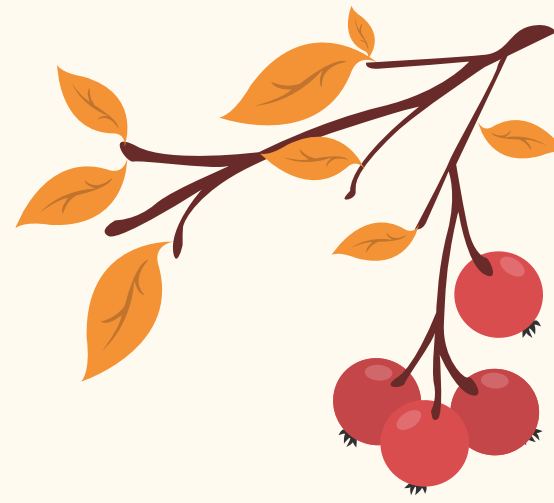




FATS-GIVING GROCERY LIST



IT'S THE BUTTER-IEST PARTY OF THE YEAR.

MEAT

- Charcuterie meat
- 1 12-14 lb turkey
- 1 lb ground sausage
- 2 oz pancetta

DAIRY

- 3 types charcuterie cheeses
- 16oz Parmesan
- 1 carton large eggs
- 1 cup mozzarella, shredded
- 8 sticks unsalted butter
- 2 cups cheddar, shredded
- 4-oz cream cheese
- 3/4 cup heavy whipping cream

SNAX/SPICES & BAKING

- 8 bags Fat Snax Crackers of choice
- 6 packs Fat Snax Soft-Baked Cookies of choice (12 cookies)
- 1 pack Miracle Noodles
- 2 cups almond flour
- Glucomannan powder
- Liquid Stevia
- 1 15-oz can pumpkin puree
- Maple syrup
- Arrowroot powder
- Nutmeg
- Baking powder
- Ground ginger
- Allspice
- Cinnamon
- Garlic powder
- Chili powder
- Paprika

FRUITS & VEGGIES

- Fresh berries
- 2 heads garlic
- 1 bunch fresh rosemary
- 1 bunch fresh sage
- 1 bunch fresh thyme
- 1 bunch fresh parsley
- 3 white onions
- 1 bunch carrots
- 1 bunch celery
- 2 lemons
- 2 lbs Brussels sprouts
- 8-oz fresh cranberries
- 2 small spaghetti squashes
- 2 5-oz containers arugula
- 1 small bulb fennel
- 6 zucchini squashes

NUTS/SEEDS

- 3 cups mixed raw nuts
- Chia seeds
- Pine nuts

CANNED/FROZEN

- 1 jar marinated artichokes
- 2 16-oz bags frozen cauliflower
- 1 jar olives
- 2 cartons low-sodium chicken broth
- 1 carton turkey broth