

## supplies

### fridge

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1	bag	corn tortillas
1		lettuce
1	bag	arugula
1	bag	flax seed meal
1	pkg	miso
2	bt1	pickles
1		red cabbage
1		savoy cabbage
1	pkg	spinach
3		egg plant
4	dzn	eggs
2		leafy greens

1		melon
3		oranges
3		zucchini
1	bag	carrots
1	bag	celery
1	box	cherry tomatoes
1	pkg	cucumber
1	bch	parsley
3	lbs	apples
1	box	blueberries
3	lbs	pears
1	box	raspberries
1	box	strawberries
3		avocados

1	pkg	bacon
1	pkg	breakfast sausage
1	pkg	brie
1	box	feta
6		lemons
6		limes
8	oz	parmesan
2	cans	beer
2	cans	guinness
1	bt1	capers
1	bt1	dijon mustard
1	bt1	fish sauce
1	bt1	grainy mustard
1	bt1	mayonnaise

1	bt1	soy sauce
1	bt1	mirin
1	box	wine
1	box	salted butter
1	bt1	maple syrup
1	ctn	almond milk
2	qts	heavy cream
2	qts	milk
2	con	skyr
2	con	skyr
1	ctn	walnut milk
1	bt1	almond butter
1	bt1	jam
1	bt1	peanut butter

1	bag	chia seeds
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### tall cabinet

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1	bag	better for bread flour
1	bag	whole wheat flour (soft white)
1	bag	all purpose flour (soft white)
1	bag	brown sugar
1	bag	cane sugar

### tea and coffee cabinet

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1	box	chemex filters
1	lbs	assam
1	lbs	ceylon
1	bag	coffee dark roast
1	bag	coffee light roast
16	oz	genmaicha
16	oz	keemun
16	oz	oolong
8	oz	pu erh
16	oz	sencha
1	box	ginger tea bags
1	box	lemon tea bags

1	can	matcha mix
1	box	mint tea bags
1	box	sleepy time tea bags
1	box	hot chocolate mix

### cooking cabinet

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1	bag	corn meal
1	bag	erythritol and stevia
1	box	fine sea salt
1	box	kosher salt
1	bag	steel cut oats
1	bag	whey powder
1	bt1	almond extract
1	bt1	apple cider vinegar
1	bt1	avocado oil
1	pkg	baking powder
1	pkg	baking soda
1	bt1	balsamic vinegar

1	bt1	coconut oil
1	bt1	corn starch
1		fresh garlic
1	bt1	honey
1	bt1	italian evoo
1	bt1	molasses
1	bt1	red wine vinegar
1	bt1	rice vinegar
16	ox	sesame seeds
1	bt1	spanish evoo
1	box	tapioca
1	bt1	vanilla extract
1	bt1	worcestershire sauce
1	bt1	yeast

1	bag	grits
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### cooking drawer

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1	box	parchment paper
1	box	plastic wrap
1	box	sandwich bags
1	box	storage bags
1	box	thin aluminum foil
1	box	waxed paper

**trash cabinet**

1	pkg	15 g blue bags
1	pkg	33 g blue bags
1	pkg	tall kitchen bags

**sink cabinet**

1	can	bar keepers friend (liquid)
1	can	bar keepers friend (powder)
1	can	bon ami
1	jug	dishwashing detergent
1	box	dishwashing tabs
1	box	sos pads
1	btl	veggie wash

**bathroom closet**

2	12p	toilet paper
1	pkg	aleppo soap
1	btl	conditioner
1	pkg	floss
1	btl	head & shoulders shampoo
1	pkg	picks
1	box	q-tips
1	pkg	razor blades
1	box	saline packets
1	tub	shaving cream
1	btl	isopropyl alcohol
1	btl	peroxide

1	btl	vanicream cream
1	btl	vanicream lotion

**snack station**

1	bar	chocolate bars
1	box	chocolate candies
1	box	dried fruit
2	bag	peanuts
2	bag	raw almonds
2	bag	raw brazil nuts
2	bag	raw pecans
2	bag	walnuts

**basement stair landing**

2	pkg	70% baking chocolate
1	pkg	baking cocoa
2	bag	chocolate chips
1	box	lasagna noodles
1	pkg	unsweetened baking chocolate
1	btl	vanilla extract
1	bag	corn polenta
1	bag	flaked coconut
1	bag	flax seed meal
1	bag	puffed wheat
1	bag	raw pumpkin seeds
1	bag	raw sunflower seeds

1	bag	rolled oats
2	pkg	baking powder
1	pkg	baking soda
1	bag	bread crumbs
1	btl	capers
1	box	cocoa powder
1	btl	corn starch
1	pkg	dried milk
1	box	fine sea salt
1	btl	green salsa
1	btl	honey
1	btl	jam
1	box	kosher salt
1	btl	molasses

2	btl	pickled peppers
2	btl	pickles
1	bag	almond meal
1	bag	brown rice flour
1	bag	corn meal
1	bag	sweetened coconut
1	bag	tapioca flour
1	bag	white rice flour
2	can	black beans
2	can	coconut cream
4	can	diced & fire rstd tomatoes
1		fresh garlic
2	can	garbanzo beans
2	btl	marinara (mazetta)

4	can	no salt diced tomatoes
2	can	pumpkin
2	can	tomato paste
2	can	whole plum tomatoes
2	btl	almond butter
1	can	anchovies
1	btl	apple cider vinegar
1	btl	avocado oil
1	btl	balsamic vinegar
1	btl	clam juice
1	btl	coconut oil
1	btl	dijon mustard
1	btl	grainy mustard
4	can	herring

1	btl	italian evoo
1	btl	mayonnaise
1	btl	mirin
2	btl	peanut butter
1	btl	red wine vinegar
1	btl	rice vinegar
4	can	salmon
4	can	sardines
1	btl	spanish evoo
1	btl	white vinegar
1	btl	worcestershire sauce
1	box	beef broth
1	box	chicken broth
2	8p	flavored seltzer

2	12p	plain seltzer
1	can	sesame seed oil
1	btl	soy sauce
1	box	vegetable broth
1	bag	wild rice
1	12p	beer
1	12p	guinness
6	box	kleenex
6	box	parchment paper
1	box	plastic wrap
1	box	sandwich bags
1	box	thick aluminum foil
1	box	thin aluminum foil
1	box	waxed paper

1	box	wine
1	pkg	napkins
1	box	storage bags
3	lbs	potatoes
3	lbs	red onions
3		squash
3	lbs	sweet potatoes
3	lbs	yellow onions
1	bag	brown sugar
1	bag	cane sugar
1	bag	powdered sugar

**basement shelves**

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1 lbs assam  
1 lbs ceylon  
1 box chemex filters  
1 box ginger tea bags  
16 oz keemun  
1 box lemon tea bags  
1 can matcha mix  
1 box mint tea bags  
16 oz sencha  
1 box sleepy time tea bags  
1 ctn almond milk  
1 box beef broth

1 box chicken broth  
6 box kleenex  
1 pkg napkins  
2 btl pickled peppers  
2 btl pickles  
1 box vegetable broth  
1 ctn walnut milk  
1 can anchovies  
1 btl avocado oil  
2 can black beans  
1 btl clam juice  
2 can coconut cream  
4 can diced & fire rstd tomatoes  
1 btl dijon mustard

1 box fine sea salt  
2 can garbanzo beans  
1 btl grainy mustard  
1 btl green salsa  
4 can herring  
1 btl italian evoo  
1 box kosher salt  
2 btl marinara (mazetta)  
4 can no salt diced tomatoes  
2 can pumpkin  
1 btl red wine vinegar  
1 btl rice vinegar  
4 can salmon  
4 can sardines

1 btl soy sauce  
1 btl spanish evoo  
2 can tomato paste  
2 can whole plum tomatoes  
2 btl almond butter  
1 btl almond extract  
1 bag brown sugar  
1 bar chocolate bars  
1 box chocolate candies  
2 bag chocolate chips  
1 bag demerara cane sugar  
1 box dried fruit  
1 bag erythritol and stevia  
1 bag flaked coconut

1 bag grits  
1 btl honey  
1 btl jam  
2 btl peanut butter  
1 bag powdered sugar  
1 bag puffed wheat  
1 bag raw pumpkin seeds  
1 bag raw sunflower seeds  
1 bag rolled oats  
1 bag steel cut oats  
1 bag sweetened coconut  
1 bag all purpose flour (soft white)  
1 bag almond meal  
2 pkg baking powder

1 pkg baking soda  
1 bag better for bread flour  
1 bag brown rice flour  
1 box cocoa powder  
1 btl corn starch  
1 pkg dried milk  
2 8p flavored seltzer  
2 12p plain seltzer  
1 bag tapioca flour  
1 bag whey powder  
1 bag white rice flour  
1 bag whole wheat flour (soft white)  
1 btl yeast  
1 pkg 15 g blue bags

1 pkg 33 g blue bags  
1 btl ammonia  
1 can bar keepers friend (liquid)  
1 can bar keepers friend (powder)  
1 btl bleach  
1 can bon ami  
1 btl castile soap  
1 jug dishwashing detergent  
1 box dishwashing tabs  
1 btl ivory snow  
1 btl laundry detergent  
1 btl lysol liquid cleaner  
1 btl murphy's oil soap  
1 pkg oxyclean

1 btl sanitizer  
1 box sos pads  
1 btl stain remover  
1 pkg tall kitchen bags  
1 btl veggie wash  
1 btl wool wash  
6 jug distilled water

**freezer**

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3 lbs beef roast  
3 lbs chicken breast  
3 lbs chicken thighs  
3 lbs extra lean turkey  
3 lbs fish  
3 lbs ground beef  
3 lbs ground pork  
3 lbs italian sausage  
3 lbs pork roast  
2 lbs pork tenderloin  
3 lbs stock bones  
3 lbs turkey thighs

1 bag blue berries (frozen)  
1 pkg butter substitute  
16 ozs cheddar (for grating)  
1 bag cherries (frozen)  
2 bag collards (frozen)  
1 fresh ginger  
16 oz gruyere (for grating)  
16 oz mozzarella (for grating)  
2 bag okra (frozen)  
16 oz parmesan (grated)  
2 bag raw almonds  
2 bag raw pecans  
2 box salted butter  
2 bag spinach (frozen)

1 bag strawberries (frozen)  
16 oz swiss (for grating)  
2 box unsalted butter

**laundry**

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1 btl ammonia  
1 btl bleach  
1 btl ivory snow  
1 btl laundry detergent  
1 pkg oxyclean  
1 btl peroxide  
1 btl stain remover  
1 btl wool wash

**bathroom cabinet**

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1	pkg	aleppo soap	1	btl	vanicream cream
1	btl	conditioner	1	btl	vanicream lotion
1	jug	distilled water			
1	pkg	floss			
1	btl	head & shoulders shampoo			
1	btl	isopropyl alcohol			
1	btl	peroxide			
1	pkg	picks			
1	box	q-tips			
1	pkg	razor blades			
1	box	saline packets			
1	tub	shaving cream			