

MAKE A RECIPE A WEEK

GROUND BEEF (FROZEN BAG OF FISH)?

LARGE ONION

GARLIC POWDER

SHREDDED CARROT

CELERY -

SPAGHETTI SAUCE

2 CANS MUSHROOMS

(RED, YELLOW OR ORANGE PEPPER?)

FROZEN JULIAN VEGETABLES

- MAKE TUNA SALAD (PITAS?)

- " SALMON " (")

MAKE GARLIC SHRIMP

MAKE BEEF @ 50% off (LOOCLAWS)

- STEAK & ONIONS
(mushroom)

NATURAL DIURETICS

- ① WATER MELON
- ② ASPARAGUS
- ③ LEMONS
- ✓ ④ NETTLE LEAVES
- ⑤ BEETS
- ✓ ⑥ PINEAPPLE
- ⑦ HORSETAIL
- ✓ ⑧ CUCUMBERS
- ⑨ DANDELION LEAVES
- ⑩ CELERY
- ⑪ MINT
- ✓ ⑫ APPLE CIDER VINEGAR
- ✓ ⑬ PEACHES
- ⑭ CILANTRO
- ⑮ KALE



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