

Grocery List

Cross off what you already have in your pantry and add the rest to your next shopping list. If you are able to shop online, go for it! Any way to help you to make eating healthy easier, we're on board with.

Produce

- Lemon, 2
- Avocado, 3
- Banana, 2
- Broccoli, 3 heads
- Butter lettuce, 1 head
- Cucumber, 1
- Carrots, 1 lb
- Spinach, bunch
- Salad Greens, 1 lb
- Bell pepper, 1
- Cherry tomatoes
- Radish, 1 bunch
- Heirloom or vine ripened tomatoes, 2
- Spaghetti squash, 1
- Zucchini, 2
- Red onion, 1
- Yellow onion, 2
- Garlic, 1-2
- Ginger, 1 knob
- Fresh herbs: basil, parsley, dill

Refrigerated

- Grass-fed butter
- Dozen eggs
- Rotisserie chicken
- Ground turkey or beef, 1 lb
- Halibut (or similar white fish)
- Wild salmon, 1 lb
- Feta cheese
- Almond butter
- Coconut water (unsweetened)
- Hummus
- Dijon mustard
- Pesto

Frozen

- Cauliflower rice
- Berries

Seasonings, Spices

- Cinnamon
- Cumin
- Smoked paprika
- Cayenne powder
- Red chili flakes
- Yellow curry powder
- Sea salt
- Pepper

Pantry

- Olive Oil
- Extra Virgin Olive Oil
- Avocado Oil
- Brown rice (optional)
- Slivered almonds
- Chia seeds
- Pumpkin seeds
- Pumpkin pureé (canned)
- Chicken or vegetable stock
- Sun dried tomatoes
- Marinara sauce
- Unsweetened coconut milk (canned)
- Cocoa nibs
- Maca powder

Quality Control

- ✓ Always choose organic & local, whenever possible
- ✓ Pasture Raised, Grass-Fed + Organic Meat, Poultry, Eggs & Butter
- ✓ Wild Caught Fish & Seafood
- ✓ Organic, Cold Pressed & Unfiltered Oils
- ✓ Soaked & Sprouted Beans, Legumes Nuts & Seeds