

Grocery Shopping List WEEK 5

Remember: Do your best in buying organic and grass fed products although we understand they are not always available.

Vegetarians/Vegans: Substitute [or eliminate] Meat Protein and/or Dairy for dietary

SPICES/ OILS/ CONDIMENTS

- | | |
|--|---|
| <input type="checkbox"/> Any essential oils or spices you may have run out of. | <input type="checkbox"/> Basil Leaves |
| <input type="checkbox"/> Lime Leaves (Kaffir) | <input type="checkbox"/> Chili Powder (<i>optional</i>) |
| <input type="checkbox"/> Fish Sauce | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Coriander | <input type="checkbox"/> White Pepper |

PROTEIN

- | | |
|---|---|
| <input type="checkbox"/> Free Range Eggs (2 dozen) | <input type="checkbox"/> Mahi Mahi |
| <input type="checkbox"/> Bacon OR Pancetta (2) | <input type="checkbox"/> Whole Chicken (2) |
| <input type="checkbox"/> Protein of choice for salads | <input type="checkbox"/> Tilapia OR White Fish |
| <input type="checkbox"/> Canned Tuna (3) | <input type="checkbox"/> Grass Fed Rib Eye Steaks (2-4) |

DAIRY

- | | |
|--|---|
| <input type="checkbox"/> Full Fat Whipping Cream OR Coconut Whip Cream | <input type="checkbox"/> Light Sour Cream OR Mayo |
| <input type="checkbox"/> Goat Cheese (<i>optional</i>) | <input type="checkbox"/> Butter OR Ghee (<i>if you ran out</i>) |
| | <input type="checkbox"/> Cheese of choice
(<i>Feta, Raw Cheddar, Parmesan</i>) |

PRODUCE

- | | |
|---|---|
| <input type="checkbox"/> Apricot | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Asparagus (2 <i>bundles</i>) | <input type="checkbox"/> Basil |
| <input type="checkbox"/> Avocado (6) | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Red Bell Pepper (3) | <input type="checkbox"/> Rosemary |
| <input type="checkbox"/> Green Bell Pepper | <input type="checkbox"/> Tarragon |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Cilantro |
| <input type="checkbox"/> Tomatoes (2) | <input type="checkbox"/> Jalapeno (<i>optional</i>) |
| <input type="checkbox"/> Cherry Tomatoes | <input type="checkbox"/> Lemongrass Stalk |
| <input type="checkbox"/> Carrots (<i>bag</i>) | <input type="checkbox"/> Lemon (2) |
| <input type="checkbox"/> Cucumber (3) | <input type="checkbox"/> Lime (2) |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Ginger Root |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Yellow Onions (2) |
| <input type="checkbox"/> Radishes (2) | <input type="checkbox"/> Shallots (4) |
| <input type="checkbox"/> Purple Cabbage | <input type="checkbox"/> Red Onion |
| <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Mushrooms (<i>Crimini or Shiitake</i>) |
| <input type="checkbox"/> Salad greens of choice
(<i>Spinach, Arugula, Romaine</i>) | <input type="checkbox"/> Garlic bulbs (3) |
| <input type="checkbox"/> Arugula (2) | <input type="checkbox"/> Yam |
| <input type="checkbox"/> Chard (2) | <input type="checkbox"/> Sweet Potato |

NUTS

- | | |
|--|--|
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Hemp Seeds (<i>optional, but a fantastic source of protein</i>) |
| <input type="checkbox"/> Pistachios | |
| <input type="checkbox"/> Pumpkin Seeds | |

CANNED GOODS

- | | |
|--|---|
| <input type="checkbox"/> Bone OR Vegetable Broth (6 quart) | <input type="checkbox"/> Kalamata Olives |
| <input type="checkbox"/> Bamboo Shoots (<i>optional</i>) | <input type="checkbox"/> Garbanzo OR Cannellini beans (2) |
| Coconut Milk (3 cans) | |