

SHOPPING LIST

PROTEINS & DAIRY

- 4 6-oz bone-in, skin-on chicken breasts
- ½ lb boneless, skinless chicken breast
- 4 4-oz skin-on wild salmon fillets
- ½ dozen large eggs
- 1 7-oz jar tuna or mackerel fillets packed in olive oil
- 1 carton almond milk
- 1 qt whole milk
- 1 stick organic unsalted butter

VEGGIES & FRUITS

- 2 green onions
- 1 small onion
- 1 head garlic
- 1 large head broccoli
- 2 lb carrots
- 8 oz shiitake mushrooms
- 1 bag riced cauliflower
- 2½ lb multicolored baby potatoes
- 3 small shallots
- 1 bunch fresh dill
- 1 bunch fresh chives
- 1 bunch fresh flat-leaf parsley
- ½ lb thin green beans
- 1 lime
- 1 English cucumber
- 2 oz mixed lettuce
- 1 bunch celery
- 1 bag frozen mango
- 3 dates
- 1¾ cups blueberries
- 1 ripe mango
- 1 orange
- 1 bottle orange juice

GRAINS

- 1 small bag white whole-wheat flour
- 1 bag brown rice
- 1 bag wild rice
- 1 whole-wheat baguette (4 to 5 oz)

NUTS, SEEDS & OILS

- 1 bottle avocado oil
- 1 bottle olive oil
- 1 jar coconut butter
- 1 bag chia seeds
- 2 oz unsalted dry roasted peanuts

PANTRY STAPLES

- 1 carton low-sodium chicken broth
- 1 carton low-sodium vegetable broth
- 1 bottle coconut aminos
- 1 bottle red wine vinegar
- 1 bottle raw honey
- 1 bottle pure maple syrup
- 1 bottle black pepper
- 1 bottle ground ginger
- 1 bottle garlic powder
- 1 bottle dried sage leaves
- 1 bottle thyme leaves
- 1 bottle coriander
- 1 bottle sea salt
- 1 bottle whole-grain mustard
- 1 bottle harissa paste
- 1 bottle cumin
- 1 bag arrowroot starch
- 4 Earl Grey tea bags (preferably unbleached)