

# MAKE -N- CURATE WHOLE30 JANUARY JUMPSTART

## { WEEK #1 GROCERY LIST }

### PRODUCE:

Garlic (3 cloves)  
Shallot (5-6 medium)  
Onions (2-3 medium)- always good to stock up on more  
Flat leaf Italian parsley (1 bunch)  
Watercress or arugula (3 cups)  
Kale (5 oz)  
Spinach (4 cups)  
Red bell pepper (1)  
Potatoes (about 3-4 lbs)  
Sweet Potatoes (about 3)- always a good idea to stock up on more  
Russet potatoes (2)  
Red potatoes (7 medium)  
Zucchini (8-9)- organic  
Spaghetti Squash (1)  
Ginger root (small)  
Serrano peppers (about 4-5) or jalapeno peppers  
Lemons (2-3)  
Green apple (1)

### SEAFOOD AND FISH:

Frozen shelled & deveined 16-20 shrimp (1 lb)  
Cod (choose your servings- I'm making for 4 people plus leftovers so I will get 5-6 pieces or 1.5 lbs)

### MEAT & POULTRY:

Chicken thighs  
Chicken breast  
Ground pork (1 lb)  
Italian Sausage (1 lb)  
Prosciutto (12 slices)  
Bacon (about 4-5 oz but you can get more)  
Pancetta (3 oz)

### SPICES:

Arrowroot powder/flour (1/2 cup)  
Smoked paprika  
Cayenne pepper  
Italian Seasoning  
Crushed red pepper flakes

### OILS/ VINEGARS/ CONDIMENTS:

Mayo (compliant)  
Avocado oil  
Extra Virgin Olive Oil  
Ghee (see how to make your own on my web site)  
Red wine vinegar  
Capers (check label to make sure compliant)

### DAIRY:

Eggs ( I always keep 2 dozen eggs handy)  
Nutpods (for coffee)

### FROZEN:

Don't need it for this week but its a good idea to pick up some frozen riced cauliflower

### BULK/ NUTS/ DRIED FRUIT:

Slivered almonds (1 package)  
Raw almonds (1 package)  
Figs (2 dried)  
Gogi berries (1 tsp)  
Pistachio nuts, shelled and unsalted (1/2 cup)  
Pepita nuts (1/2 cup)  
Flax seed (1/2 tsp)

### CANNED OR BOXED:

Chicken broth (at least 6 cups)- READ LABELS!! MOST HAVE SUGAR  
Tomato Puree (1/4 cup)- READ LABELS!! Make sure there is no sugar.