

MAKE -N- CURATE WHOLE30 JANUARY JUMPSTART

{ WEEK #2 GROCERY LIST }

PRODUCE:

Garlic (20 cloves)
Shallot (5-6 medium)
Onions (4 medium)- always good to stock up on more
Flat leaf Italian parsley (1 bunch)
Romaine (1 package)
Bell pepper (2)
Yukon gold potatoes (about 4)
Zucchini (10)- organic
Spaghetti Squash (1)
Serrano peppers (2) or jalapeno peppers
Lemons (5-6)
Limes (5)
Green apple (1)
Cherry tomatoes (1 pint)
Chopped butternut squash (12 oz)
Avocado (2)
Cilantro (1 bunch)
Green onions (scallions, 1 bunch)
Roasted red peppers (about 1.5 cups)
Cauliflower (1 large head)
Plantains (3)
Sugar snap peas (about 1 cup)
Broccoli (2 cups)
Carrots (1 cup + 2 large)
Fresh basil (about 1/2 cup)
Celery (4 ribs)
Fresh oregano (2 sprigs)

SEAFOOD AND FISH:

Frozen shelled & deveined 16-20 shrimp (1 lb)
Mahi Mahi (or other thick white fish) (2 fillets)

MEAT & POULTRY:

Chicken breast (2 lbs)
Ground pork (1 lb)
Bacon (1 package)
Pancetta (3 oz)
Ground turkey (2 lbs)
Whole chicken, butterflied (about 4 lbs)
Pork tenderloin (about 3 lbs)
1.5 lbs. Beef flap steak or top sirloin)
1 Package compliant sausage (your favorite kind)

SPICES:

Arrowroot powder/flour or tapioca flour (1/2 cup)
Smoked paprika (1/4 tsp)
Italian Seasoning (1 tbsp)
Crushed red pepper flakes (1/2 tsp)
Chili powder (3 tbsp)
Cumin (2 tbsp)
Dried oregano (2 tbsp)
Almond flour (3/4 cup)
Onion powder (1 tbsp)
Garlic powder (1/2 tsp)
Sesame seeds (2 tbsp)
Bay leaves (2)

OILS/ VINEGARS/ CONDIMENTS:

Mayo (compliant) (1/2 cup)
Avocado oil
Extra Virgin Olive Oil
Ghee (see how to make your own on my web site)
Red wine vinegar (2.5 tbsp)
Coconut aminos (1/2 cup)
Sesame oil (2 tbsp)
Rice vinegar (1 tbsp)
Dijon mustard, make sure compliant (1/2 tsp)

DAIRY SECTION:

Eggs (I always keep 2 dozen eggs handy)
Nutpods (for coffee)
Orange Juice (make sure it is 100% juice, no sugar)

FROZEN:

Riced cauliflower (2)

String beans (1 package)

BULK/ NUTS/ DRIED FRUIT:

Pitted dates (3)

CANNED OR BOXED:

Chicken broth/bone broth (1/2 cup)- READ LABELS!! MOST HAVE SUGAR

Fire roasted chopped tomatoes (28 oz)- READ LABELS!! Make sure there is no sugar.

Chopped tomatoes (28 oz)

Coconut milk (1 can)

Salsa (1/2 cup)- make sure it is compliant

Almond milk (2 tbsp)- READ LABELS!! Make sure there is no sugar or carrageenan.