# Make -n- Curate Whole30 January Jumpstart

## { Week #3 Grocery List }

### PRODUCE:

Zucchini (about 3 medium)
Garlic (1 tbsp chopped +13 cloves)
Onion (4)
Red onion (1 small)
Sweet onion (1)
Golden Potatoes (10-12)
Sweet potatoes (2 lbs)
Pink Lady apples (2)
Lactino kale (3 bunches)
Lemon (2)
Lime (3)
Clementines or mandarine oranges (2)
Parsley (1 bunch)
Cilantro (1 bunch)
Fresh thyme (1.5 tbsp)
Fresh rosemary (2 tbsp)
Chipotle chili peppers (2)
Serrano peppers (2)
Celery (2 cups)
Sliced mushrooms (1 package, 3 cups)
Plantains (4)
Avocado (6)
Baby carrots (1 bag)
Hearts of romaine (1 bag)
Cucumber (1)
Carrots (7 medium + 2 cups, chopped)
Ginger root ( 1 small)
Salad lettuces (5 oz)
Red bell pepper (1)
Jicama (optional)
Radishes (optional)


### SEAFOOD AND FISH:

Salmon (1.5 lbs)

## MEAT & POULTRY:

Chicken breast (4.5 lbs)
Pancetta (3/4 cup- about 3 oz)
Compliant bacon (6 slices)
Ground beef (1 lb)
Pork tenderloin (1.5 lb)
Ground turkey (1 lb)
Compliant sausage (1 package)

## SPICES:

Onion powder (2 tsp)
Granulated garlic (3/4 tsp)
Garlic powder (2 tsp)
Coconut flour (4-6 tbsp)
Arrowroot powder/flour (2 tbsp)
Cumin (1 tsp)
Chili powder (1 tsp)
Smoked paprika (1.2 tsp)
Dried oregano (2 tsp)
Dried thyme (1.2 tsp)
Ancho cili powder (2 tsp)
Bay leaves (2)
Red pepper flakes (optional)

## OILS/ VINEGARS/ CONDIMENTS:

Extra Virgin Olive Oil
Ghee (see how to make your own on my web site)
Light olive oil (1 cup)
Red wine vinegar (2 tbsp)
Balsamic vinegar (2-3 tbsp)
Apple cider vinegar (2 tsp)
Compliant course-grain mustard (1/4 cup)
Almond butter (1/2 cup)
Coconut aminos (2 tbsp)
Red Boat fish sauce (1 tsp)

## DAIRY SECTION:

Eggs ( I always keep 2 dozen eggs handy)

Nutpods (for coffee)
Orange Juice (1/2 cup - make sure it is 100% juice, no sugar)

## FROZEN:
Shredded potatoes (make sure compliant- should only be potatoes)

## BULK/ NUTS/ DRIED FRUIT:
Pecans (3/4 cup)

## CANNED OR BOXED:
Coconut milk ( 3 cans)
Almond milk (3 tbsp)
Tomato paste (1.5 tbsp)
Chicken broth or chicken bone broth (6 cups+ 3/4 cup)
Pineapple juice (1/2 cup)