

# MAKE -N- CURATE WHOLE30 JANUARY JUMPSTART

## { WEEK #4 GROCERY LIST }

### PRODUCE:

Parsley (1 bunch)  
Shallot  
Chives  
Lemon (3)  
Potato, medium (1)  
Sweet Potatoes (10)  
Onion (4)  
Garlic (14 cloves)  
Zucchini (4)  
Watercress (4 cups)  
Coleslaw mix or Shredded cabbage or shredded broccoli (4 cups)  
Avocados (3)  
Radishes (4-5)  
Lime (3)  
Cilantro (1 bunch)  
Veggies to grill (zucchini, squash, red onions, eggplant, asparagus, red bell pepper)  
Cherry tomatoes (1 pint)  
Red or orange bell peppers (4)  
Serrano pepper  
Scallions (1 bunch)  
Ginger root (1)  
Spinach (5 oz bag)  
Basil (to garnish)  
Brussel sprouts (1 lb)  
Berries for porridge (raspberries, blueberries)  
Kiwi (1)

### SEAFOOD AND FISH:

Tilapia (1.5 lbs)  
Shrimp, Peeled and deveined (1 lb)

### MEAT & POULTRY:

Chicken breast (4 lbs)  
Flank Steak (2-3 lbs)  
Ground Chicken thigh (or breast) (1 lb)

Ground beef (1 lb)  
Chicken drumsticks (about 10)  
Bacon, compliant (2 packages)

#### SPICES:

Chipotle Chili Powder (1 tsp)  
Cumin (1 tsp)  
Oregano (1/2 tsp)  
Smoked Paprika (1tsp +1 tbsp)  
Garlic Powder (2 tsp + 1 tbsp)  
Ancho Chili powder (1 tsp)  
Chili powder (3 tbsp)  
Dried thyme (1 tsp)  
Onion powder (1 tsp)  
Cinnamon (1 tsp)  
Vanilla extract (1/2 tsp)

#### OILS/ VINEGARS/ CONDIMENTS:

Red wine vinegar (1 tbsp)  
Ghee (2 tbsp)  
Extra Virgin Olive Oil  
Capers (2 tsp)  
Avocado oil  
Tomato Paste (1 tbsp)  
Avocado Oil (to cook with)  
Coconut Oil (to cook with)  
Coconut aminos (1 tbsp)

#### DAIRY SECTION:

Eggs ( I always keep 2 dozen eggs handy)  
Mayo (make sure compliant) (1 cup)  
Nutpods (for coffee)  
Orange Juice (make sure it is 100% juice, no sugar)

#### FROZEN:

Riced cauliflower (2 bags)

BULK/ NUTS/ DRIED FRUIT:

Coconut flakes (compliant)  
Flax seeds, crushed (2 tbsp)

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.  
Salsa (1/2 cup)- make sure it is compliant  
Almond milk (1 tbsp)- READ LABELS!! Make sure there is no sugar or carrageenan.  
Beef bone broth or beef broth (1 cup)- READ LABELS!! Make sure compliant  
Coconut milk (2 - 13.5 oz cans)  
Thai red curry paste (2 tbsp)