

GROCERY LIST STAPLES

Meat/Seafood

*always grass-fed, pasture-raised, or wild-caught

- Ground Beef or Bison
- Chicken Thighs,
- Pork Tenderloin
- Ground Turkey
- Atlantic Salmon

Pantry:

- Dark Cacao Powder
- Grass-Fed Collagen (Ancient Nutrition or Vital Proteins)
- Enjoy Life Dark Chocolate Chips
- Chia Seeds
- Flaxseeds
- Almond Flour
- Coconut Flour
- Tapioca Flour
- Pure Stevia
- Nut Butter, raw
- Local Honey
- Baking Soda
- Baking Powder
- RX Bars
- Epic Bars

Produce

*preferably all organic

Year-Round:

- Sweet Potatoes
- Red Potatoes
- Carrots
- Onion
- Garlic
- Kale or Spinach
- Broccoli
- Cauliflower
- Mushrooms

Summer & Spring:

- Asparagus
- Avocado
- Cucumber
- Tomatoes
- Bell Pepper
- Zucchini
- Berries
- Papaya
- Pineapple
- Cherries
- Watermelon

Fall & Winter:

- Butternut Squash
- Brussel Sprouts
- Cabbage
- Celery
- Beets
- Spaghetti Squash
- Pumpkin
- Radishes
- Okra
- Figs
- Green Apples
- Grapefruit
- Cranberries

Condiments & Seasonings

Condiments:

- Bragg's Liquid Aminos
- Coconut Aminos
- Spicy Brown Mustard
- Lemon Juice
- Olive Oil
- Olive Oil Mayo
- Pesto, dairy-free

Cooking Oils:

- Ghee
- Avocado Oil
- Coconut Oil

Seasonings:

- Sea Salt
- Black Pepper
- Smoked Paprika
- Garlic Powder
- Cinnamon

Fridge/Frozen:

- Eggs, pasture-raised
- Almond Milk, unsweetened vanilla
- Fruit, frozen
- Spinach or Kale, frozen
- Other Veggies, frozen

NOURISHED

BY KELSEY NICOLE