

YOUR COOK-ONCE SHOPPING LIST

NUTS, SEEDS & OILS

- 1 bag almond flour
- 1 bag coconut flour
- 1 bag arrowroot
- 1 jar coconut butter
- 2 oz pecans
- 1 jar avocado oil
- 1 jar coconut oil
- 1 container smooth unsweetened peanut butter

DAIRY & PROTEIN

- 4 oz Parmesan cheese
- 3 large eggs
- 1½ lb ground beef
- 4 6-oz skinless cod or halibut fillets
- 1½ lb chicken breast tenders

FRUITS & VEGETABLES

- 1 jar capers
- 1 2-inch piece fresh ginger
- 1 lb grape or cherry tomatoes
- 1 bunch fresh thyme
- 1 shallot
- 1 head garlic
- 1 5-oz package baby spinach
- 2 14-oz BPA free cans hearts of palm
- 2 large lemons

- 1 10-oz jar artichoke hearts
- 2 bananas
- 3 carrots
- 1 large yellow onion
- 1 head celery
- 1 small jalapeño chile pepper
- 1 medium butternut squash
- 1 lime

PANTRY STAPLES

- 2 14-oz BPA free cans fire-roasted diced tomatoes
- 1 bottle extra-virgin olive oil
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 jar raw honey
- 1 bottle apple cider vinegar
- 1 container baking soda
- 1 jar ground cinnamon
- 1 jar ground ginger
- 1 container vanilla extract
- 1 bag unsweetened raisins
- 1 jar maple syrup
- 1 jar ground cumin
- 1 jar chile powder
- 1 jar dried oregano
- 1 jar smoked paprika
- 1 jar bay leaves
- 1 jar curry powder

EXTRAS

- 1 bottle coconut aminos
- 1 bottle fish sauce
- 1 16-oz BPA free can full-fat coconut milk
- 1 8-oz container low-sodium chicken broth
- 1 bottle hot sauce
- 1 bottle toasted sesame oil

TIP: We've included the ingredients needed for the main recipes in this section; if you're trying our additional recipe suggestions, make sure to add those ingredients to your list.