

## YOUR COOK-ONCE SHOPPING LIST

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### PROTEINS & DAIRY

- 1 dozen large eggs
- 1 lb ground pork
- 4 4–5-oz wild-caught salmon fillets
- 2 lb ground beef
- 1 5-oz can tuna
- 1¼ lb cooked chicken
- 1 pint plain unsweetened almond milk

### NUTS, SEEDS & OILS

- 1 jar Whole30-compliant mayonnaise
- 1 jar Whole30-compliant pesto
- 1 bag almond flour
- 1 bag ground flaxseed
- 2 oz raw cashews
- 1 bottle avocado oil

### VEGGIES & FRUIT

- 1 2-lb butternut squash
- 2 lemons
- 2 yellow onions
- 3 green onions
- 3 zucchini
- 2 poblano peppers
- 1 carrot
- 1 celery stalk
- 1 large head garlic
- 1 bunch fresh sage
- 1 bunch fresh flat-leaf parsley
- 1 bunch fresh dill
- 1 bunch fresh mint

### PANTRY STAPLES

- 1 qt low-sodium chicken or vegetable broth
- 1 bottle apple cider vinegar
- 1 bottle Whole30-compliant barbecue sauce
- 1 6-oz can unsalted tomato paste
- 1 bag arrowroot starch
- 1 bottle ancho chile powder
- 1 bottle chili powder blend
- 1 bottle garlic powder
- 1 bottle ground cumin
- 1 bottle each regular and smoked paprika
- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle whole black peppercorns
- 1 bottle dried oregano
- 1 bottle ground cinnamon
- 1 bottle ground cayenne pepper (optional)
- 1 bottle ground cloves