

## Shopping List

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### proteins & dairy

7 eggs  
1 carton unsweetened almond milk  
1 carton unsweetened vanilla almond milk  
1 jar ghee  
1 lb butter  
8 chicken drumsticks  
1 small container sour cream  
1 small wedge blue cheese  
6 boneless, skinless chicken thighs  
1 can black beans  
1 wedge Cotija cheese  
4 6-oz salmon fillets

### veggies & fruits

1 small zucchini  
2 sweet potatoes  
4 mushrooms  
1 shallot  
1 head of garlic  
1 container baby spinach  
1 head cauliflower  
1 banana  
1 bag frozen mango  
1 pomegranate or 1 small container pomegranate arils  
1 pint blueberries  
1 bag frozen organic corn  
1 lime  
1 bunch cilantro  
4 medium beets  
2 oranges  
1 bunch green onions  
1 bunch dill

### nuts, seeds & oils

1 bag chia seeds  
1 bottle extra-virgin olive oil  
1 container pepitas

### pantry staples

1 bag black rice  
1 bag almond flour  
1 box baking soda  
1 jar pink Himalyan salt  
1 jar cinnamon  
1 jar ground ginger  
1 jar ground cardamom  
1 jar ground nutmeg  
1 jar ground cloves  
1 jar black peppercorns  
1 jar za'atar  
1 jar garlic powder  
1 jar cumin  
1 jar chile powder  
1 container collagen peptides  
1 bottle pure vanilla extract  
1 bottle maple syrup  
1 bag cacao powder  
1 bottle Frank's RedHot  
1 box English Breakfast tea  
1 small bag matcha  
1 bottle apple cider vinegar  
1 jar fire-roasted salsa  
1 box chicken broth  
1 jar Dijon mustard  
1 bottle honey