

# Week 1 Groceries

ARIN SOLANGE AT HOME

## Meat

- 9 slices whole 30 compliant bacon
- 1 lb Chicken Breasts
- 2 lbs ground beef
- 3/4 lb lean steak
- 1 steak/person
- 1 1/2 - 2 lbs firm white fish (halibut/cod)

## Spices

- Minced Garlic - lots
- Garlic Powder
- Onion Powder
- Paprika
- Cumin
- Cinnamon
- Chili Powder
- Cayenne Pepper
- \*Mustard Powder
- Dried Chipotle Powder

## Cans/Other

- Coconut amigos - Carried at Trader Joes
- 2 Can full fat coconut milk (or culinary)
- Coconut Oil
- 1/4 cup cashews (roasted or roast at home)
- Red Curry Paste
- Fish Sauce
- \*LIGHT TASTING olive oil or avocado oil
- Arrow Root powder
- 1 cup chicken broth
- 8 oz can diced green chilis
- 24 oz bone or beef broth
- 28 oz diced tomatoes
- Salsa

## Dairy Section

- 8 eggs
- \*Compliant almond milk

## Produce

- Fresh Grated Ginger (or powder if needed)
- 6 large medjool dates
- 1 large spaghetti squash
- 1 zucchini
- 1 large carrot
- 1 red bell pepper
- 1 c fresh cilantro
- 3 Sweet Potatoes
- 5 green onions
- 4 Avocado
- 8 limes
- \*fresh dill
- \*Fresh Parsley
- 2 lemons
- 1 lb broccolini or broccoli
- Asparagus
- Choice of potatoes
- 2 onions
- 4 Bell Peppers
- 1 Jalapeno
- Fresh Thyme
- 2 Granny Smith apples
- 2 Cups brussel sprouts
- 1 orange
- Small head of cabbage

## Other