

Shopping List

PRODUCE

- 3 sweet potatoes
- 4 bunches lacinato kale
- 5 shallot
- 1 Fresno chile or red jalapeño
- 35 garlic cloves (about 3-4 bulbs)
- bunch of fresh cilantro
- Bunch of flat-leaf parsley
- Fresh oregano
- 2 heads butter lettuce, such as Boston or bibb
- 1 romaine heart
- 1 large Belgian endive
- 1 bunch watercress
- small head frisée
- 2 sprigs thyme
- fresh ginger
- 1 cucumber
- 1 large celery stalk, chopped
- 1 medium white or yellow onion
- 6 lemons
- 2 pints cherry tomatoes
- 1 package of Spinach
- portobello mushroom caps
- 3 pounds petite red potatoes
- fresh parsley
- 4 large carrots
- 1 sprig rosemary (or sub dried rosemary)

PROTEIN & DAIRY

- 1 to 1.5 lbs of salmon, skinless sliced into four filets
- 1 package of skirt steak
- 4 lb. boneless skinless chicken breasts
- 4 large eggs
- 2 tablespoons unsalted butter
- 4 large eggs
- 12 oz. low-moisture mozzarella
- 2 8 oz. grated Parmesan
- 3-4 cups mozzarella cheese shredded
- 1/2 cup Shredded parmesan cheese

PANTRY ITEMS

- sea salt or pink salt
- pepper
- paprika
- dried thyme
- dried oregano
- dried basil
- red chili flakes
- Italian seasoning
- garlic powder
- onion powder
- 4 cups panko (Japanese breadcrumbs)
- all purpose flour
- brown sugar (only 1-2 tbsp)
- unsweetened coconut flakes
- Golden raisins or dried cranberries
- shelled Pistachios
- jasmine rice
- can of coconut milk
- double-concentrated tomato paste
- 2 28-oz. cans tomato purée
- 1 19oz can cannellini beans
- 4 ounces soba noodles
- Frozen baguette or bread rolls (we love the Le Petit Francis French Baguettes in freezer section)
- 4 Naan flatbreads
- 1 liter low-sodium vegetable broth
- sesame seeds
- avocado oil for frying (3-4 cups)
- apple cider vinegar
- coconut oil
- sesame oil
- 4 cups extra-virgin olive oil
- aged sherry vinegar
- red wine vinegar
- rice vinegar
- coconut amino acids or soy sauce
- sriracha
- Dijon mustard
- whole grain mustard
- honey
- peanut butter