Lexi's CLEAN KITCHEN

GLUTEN-FREE · DAIRY-FREE · PALEO-FRIENDLY

BACK ON TRACK
WEEK 18

GROCERY LIST

ITEMS YOU PROBABLY HAVE:

- ○ ONION POWDER
- ○ PAPRIKA
- ○ SEA SALT
- ○ GARLIC POWDER
- ○ GINGER POWDER
- ○ CELERY SEED
- ○ CINNAMON
- ○ RED PEPPER FLAKES
- ○ BLACK PEPPER
- ○ TAPIOCA FLOUR
- ○ CHILI POWDER
- ○ CUMIN
- ○ ALMOND FLOUR
- ○ STAR ANISE
- ○ CORIANDER
- ○ EXTRA VIRGIN OLIVE OIL
- ○ ITALIAN SEASONING
- ○ WALNUTS
- ○ GROUND FLAXSEED
- ○ COCONUT FLOUR
- ○ CAYENNE PEPPER
- ○ GROUND CARDAMOM
- ○ APPLE CIDER VINEGAR

PRODUCE:

- ○ ARUGULA
- ○ AVOCADO (1)
- ○ 1 BUNCH BASIL
- ○ 2 RED ONIONS
- ○ 1 SWEET POTATO
- ○ 2 BELL-PEPPERS
- ○ 4 CARROTS
- ○ 5 WHITE ONIONS
- ○ SPINACH
- ○ 1 LEMON
- ○ 1 LIME
- ○ 2 SCALLIONS
- ○ 2-INCH KNOB GINGER
- ○ GARLIC (1 HEAD)
- ○ 16 OZ BEAN SPROUTS
- ○ 1 BUNCH CILANTRO
- ○ STEAK TOMATO (1)
- ○ 1 CASE CHERRY TOMATOES
- ○ 1 LB CRIMINI MUSHROOMS
- ○ 1 BUNCH CELERY

MEAT, POULTRY, PORK, SEAFOOD, AND DAIRY:

- ○ 4 PASTURE-RAISED EGGS
- ○ 1 1/2 LBS ORGANIC CHICKEN BREASTS
- ○ 2 LBS GROUND ORGANIC TURKEY
- ○ 4 LB BEEF BONES (MIX OF BONE MARROW, KNUCKLES, AND/OR RIBS)
- ○ 1 BLOCK PARMESAN CHEESE
- ○ 2 CHORIZO SAUSAGES

CANNED OR JARRED GOODS:

- ○ 1 15 OZ CAN ORGANIC DICED TOMATOES
- ○ 1 15 CAN TOMATO SAUCE
- ○ 6 OZ CAN TOMATO PASTE
- ○ 1 CAN KIDNEY BEANS
- ○ 1 CAN BLACK BEANS

MISC.

- ○ CHIA SEEDS
- ○ FISH SAUCE
- ○ SRIRACHA
- ○ FRANK'S HOT SAUCE
- ○ VERMICELLI RICE NOODLES
- ○ 1 PACKAGE GRAIN-FREE TORTILLAS OR HOMEMADE