

# Lexi's shopping list

## oils & fats

- Avocado oil
- Coconut oil
- Extra-virgin olive oil
- Toasted sesame oil
- White truffle oil
- Ghee
- Palm shortening (I Like Spectrum or Tropical Traditions.)



## sweeteners

- Organic raw honey
- Organic pure maple syrup
- Coconut palm sugar
- Granulated maple sugar
- Organic powdered sugar
- Blackstrap molasses
- Pitted Medjool dates



## condiments & sauces

- Coconut aminos
- Fish sauce (I like Red Boat brand.)
- Hot sauce, such as Cholula, Frank's RedHot, or Tabasco
- Sriracha sauce
- Dijon mustard
- Whole-grain mustard
- Ketchup (I like Sir Kensington's or Muir Glen brand.)
- Mayonnaise, homemade or a store-bought product made with avocado oil (I like Chosen Foods, Primal Kitchen, or Sir Kensington's brand;)
- Prepared horseradish



## spices

- Fine sea salt or pink Himalayan salt
- Black pepper (Use peppercorns in a pepper mill for the best flavor, or buy ground pepper.)
- Cayenne pepper
- Celery seed
- Chili powder
- Ground cinnamon
- Cinnamon sticks
- Ground coriander
- Ground cumin
- Curry powder
- Dried basil
- Dried cilantro
- Dried dill
- Dried oregano
- Dried parsley
- Dried rosemary
- Garlic granules/powder
- Italian seasoning
- Nutmeg
- Minced onion
- Onion powder/granules
- Paprika
- Red pepper flakes
- Saffron
- Sesame seeds
- Smoked paprika
- Turmeric powder
- Za'atar spice blend



## vinegars

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Rice vinegar
- White vinegar
- White wine vinegar



## baking

- Aluminum-free baking powder
- Baking soda
- Unsweetened cocoa powder
- Unsweetened coconut flakes
- Dairy-free dark chocolate chips (I like Enjoy Life Foods brand.)
- Organic pure vanilla extract
- Whole vanilla beans
- Ground flax meal
- Chia seeds



## flours

- Blanched almond flour (I like Honeyville brand.)
- Arrowroot flour
- Coconut flour
- Tapioca flour



## other pantry items

- Unsweetened applesauce
- Organic beef, chicken, and vegetable broth (I like Pacific Foods brand.)
- Canned full-fat coconut milk
- Collagen protein (I like Vital Proteins brand.)
- Raw nuts and seeds: almonds, hazelnuts, pine nuts, cashews, sunflower seeds, walnuts
- Nut butters
- Gluten-free oats
- Tomato paste, preferably organic with no salt added
- Tomato sauce, preferably organic with no salt added
- Diced tomatoes, preferably organic with no salt added (I like Muir Glen brand for jarred and Tuttorosso brand for canned.)
- White rice



## fruit

- Bananas
- Avocados
- Berries (fresh and frozen)
- Cherries
- Lemons
- Limes
- Oranges



## veggies

- Leafy greens, braising greens, and salad greens (kale, spinach, and romaine lettuce)
- Bell peppers
- Broccoli
- Carrots
- Cauliflower
- Eggplant
- Scallions
- Sweet potatoes
- Tomatoes
- Zucchini



## herbs

- Basil
- Cilantro
- Dill
- Parsley
- Thyme



## dairy

- Grass-fed butter (I like Kerrygold.)
- Raw local cheeses, like cheddar and mozzarella
- Grass-fed yogurt



## aromatics

- Garlic
- Ginger
- Onions



## other

- Almond milk, homemade (page 266) or store-bought\*

## meat

- Beef
- Bison
- Lamb
- Pork
- Venison



## poultry & eggs

- Chicken
- Duck
- Turkey
- Eggs



## seafood

- All varieties of fish and shellfish

