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**DEFAULT STORE**


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**Baking**

- Apple cider vinegar**  $\frac{1}{3}$  cup
- Avocado oil**  $\frac{1}{4}$  cup
- Coconut flour** 3 tablespoons
- + 2 teaspoons coconut oil** 2 tablespoons

**Canned Goods**

- 8oz can tomato sauce** 1
- Coconut cream**  $\frac{1}{4}$  cup
- Finely diced salmon** 6 ounces *or chopped, (raw or canned works. See notes for specifics)*
- Tahini**  $\frac{1}{2}$  cup
- Tomato sauce** 1 8 oz can

**Dairy**

- Egg** 6
- Ghee**  $\frac{1}{4}$  cup

**Dry Goods**

- Coconut aminos** 3 tablespoons *(if not paleo/Whole30 sub soy sauce or tamari)*
- Curry powder**  $\frac{1}{4}$  teaspoon *(optional)*
- Garlic powder**
- Fine grain sea salt** Sprinkle
- Panko crumbs**  $\frac{1}{3}$  cup *or Almond meal, (to keep it Paleo friendly)*
- Smoked paprika**  $\frac{1}{4}$  teaspoon *or regular*
- Spicy brown mustard** 3 tablespoons *or dijon*
- Teapoon garlic powder**  $\frac{1}{2}$

**Meat**

- Ground chicken** 1 pound
- Chicken thighs** 12 *or breasts*
- Nitrate free bacon (sugar free for Whole30) - cut into pieces** 12 slices
- Boneless pork chops** 4 *if they are REALLY big add more of each below)*

**Misc.**

- Olive oil** 3 tablespoons *or ghee*

**Produce**

- Avocado** 2 *chopped*
- Ripe avocado - cut into chunks** 1 large
- Broccoli** 1 large head *florets chopped off from the stalk*
- Butternut squash**  $\frac{1}{2}$  cup *(pureed or mashed)*
- Chopped Butternut squash** 24 ounces *(about 2  $\frac{1}{2}$  cups)*
- Carrots** 3 *chopped*
- Cherry tomatoes** 1 cup *sliced in halves*
- Chopped clove of garlic** 1
- Garlic**  $\frac{1}{2}$  teaspoon *(minced)*
- Minced garlic** 1 tablespoon
- Mixed greens** 12 cups
- Fresh kale** 4 handful *roughly chopped*
- Lemon** 1 *zested and juiced*
- Lemon juice** 2 tablespoons
- Med onion** 1
- Green plantain** 2 large *peel removed (you can refrigerate the other half for later use)*
- Minced Poblano** 1 *or Jalapeño pepper, (optional but recommended)*
- Portobello mushrooms** 10 ounces *sliced*
- Chopped fresh rosemary** 2 tablespoons
- Rosemary sprig** 1
- Yellow squash** 1 large *chopped into half moons*
- Zucchini** 1 large *chopped into half moons*