

## DEFAULT STORE

## 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*