

YOUR COOK-ONCE SHOPPING LIST

NUTS, SEEDS & OILS

- 1 bottle avocado oil
- 1 bottle extra-virgin olive oil

DAIRY & PROTEIN

- 16 oz buttermilk
- 3 lb frozen split chicken wings (about 24)
- 3 oz blue cheese, crumbled
- 2 2-lb whole red snappers
- 4 6-oz boneless, skinless chicken breasts
- 3 oz mozzarella
- 1 oz uncured pepperoni
- 1 lb grass-fed sirloin
- 8 oz halloumi

FRUITS & VEGETABLES

- 12 oz mixed baby bell peppers
- ½ head garlic
- 2 lemons
- 3 lime
- 1 1-inch piece fresh ginger
- 1 English cucumber
- 1 carrot
- 8 ½-inch-thick wedges seedless watermelon
- 5 oz baby lettuces
- 1 lb heirloom cherry tomatoes
- 1 bunch fresh mint

PANTRY STAPLES

- 1 jar raw honey
- 1 bottle sea salt
- 1 jar garlic powder
- 1 jar smoked paprika
- 1 bottle ground black pepper
- 1 jar dried basil
- 1 bottle dried oregano
- 1 bottle white wine vinegar
- 1 jar ancho chile powder

EXTRAS

- 1 jar avocado oil mayonnaise
- 1 12-oz jar marinara sauce
- 1 bottle coconut aminos
- 1 bottle fish sauce