Functional Fueling

GROCERY LIST

Produce

- [ ] 4 avocados
- [ ] 2 bags organic arugula
- [ ] 2 bunches organic dino kale
- [ ] 2 onions
- [ ] 4 organic Japanese sweet potatoes
- [ ] 1 bunch green unripe bananas
- [ ] 2 packages organic blueberries
- [ ] 1 winter squash
- [ ] 1 bag brussels sprouts
- [ ] 1 head broccoli
- [ ] 1 head cauliflower
- [ ] 2 parsnips
- [ ]

Dry Goods

- [ ] 2 packages Banza chickpea pasta
- [ ] 1 package Three Wishes chickpea cereal
- [ ] 1 bag black beans
- [ ] 1 bag organic jasmine rice
- [ ] 1 bag organic rolled oats
- [ ] 1 container Nuttzo nut butter
- [ ] 1 bag raw walnuts or brazil nuts
- [ ] 1 bag ground flaxseed
- [ ] Primal Kitchen dressing + sauces
- [ ] 2 - 70% dark chocolate with sea salt bars

Meat + Fish

- [ ] 3 lb. grass-fed ground beef or bison
- [ ] 2 lb. wild caught salmon
- [ ] 2 lb. wild caught cod or ahi
- [ ] 2 lb. organic chicken breast
- [ ] 8 cans wild caught sardines

Frozen

- [ ] 1 large bag organic mixed berries
- [ ] 1 Rebel ice cream pint

Eggs + Dairy

- [ ] 3 dozen pastured eggs
- [ ] 1 coconut milk coffee creamer
- [ ] 1 unsweetened almond milk
- [ ] 1 organic goat cheese
- [ ] 1 Miyoko's cream cheese

Refrigerated

- [ ] 2 packages Little Northern Bakehouse gluten free everything bagels (find @ Sprouts)
- [ ] 1 package Siete cassava tortillas