

Meal Prep Shopping List:

Spices/herbs/baking aisle:

Chili Powder

Dash of cayenne

Oregano

cumin seeds (or powdered cumin)

Paprika

rosemary

arrowroot starch (aka arrowroot powder) or cornstarch (try to find organic or non-gmo cornstarch)

crushed pepper flakes (optional)

Turmeric (Can use fresh turmeric root, if you can find it in produce department, or just use extra curry powder in recipes calling for turmeric)

garam masala

curry powder

coriander

Dairy department:

Butter (organic or pasture based if you can find it)

8 Eggs

Produce Department:

1 Lemon

3-4 limes

1 small chunk fresh ginger root

1 small chunk fresh turmeric root (will be near fresh ginger root, but if your grocery store doesn't stock it, just use dried turmeric or curry powder, found in spice aisle)

1 red onion

2 yellow onions

1/2 cup finely chopped green onions

1 head garlic

12 oz mushrooms, whole or chopped

1 large head of green cabbage

2 bunches cilantro

1 medium kabocha squash

1 medium butternut squash

1 bunch of kale

7 medium carrots (about 1 lb)

Head of lettuce (no specific recipe for lettuce, but is a good way to utilize the cilantro lime dressing) and any other ingredients you like for salads (tomatoes, avocado, cucumber, onion, radishes, extra carrots or mushrooms, etc. This is up to you!)

Condiments:

Virgin Coconut oil

Extra Virgin olive Oil

balsamic vinegar

Apple cider vinegar

full fat canned coconut milk

Green curry paste (Asian Kitchen brand is a good brand)

Small jar sun dried tomatoes packed in olive oil

1 cup 505 medium hatch chili salsa (or your favorite salsa, about half of a 16 oz jar)

Meat (purchase fresh or frozen, just be sure to plan ahead if you purchase frozen meat):

1 lb. Grass-fed ground beef (or any ground beef you like)

3 lbs chicken legs (about 9-10 legs) (or 3 lbs of desired cut of choice of chicken)

1 lb ground turkey

2 cups cooked and chopped Chicken (I used meat from a leftover **all natural rotisserie chicken**, but you could buy an extra **1 lb of chicken breasts or boneless skinless thighs** and cook ahead of time)

Kitchen supplies needed:

✧ Oven and stovetop

✧ Crockpot

✧ Blender or food processor

✧ Zester tool or microplane tool

✧ Decent kitchen knives to chop through squash

✧ Cutting board

✧ Baking sheets

✧ Medium and large skillet (about 8" and 12"), with something to use as a lid (a large plate or smaller skillet can be a lid for large skillet)

✧ Parchment paper (optional, can use extra oil on baking sheets in recipes calling for parchment)

✧ Storage containers for leftovers, baggies

✧ A jar or container for salad dressing (I recommend a glass container, even just a leftover salad dressing bottle or glass jar, plastic is harder to clean)