

# Kick The Sugar Challenge: SHOPPING LIST

## PRODUCE

### Vegetables

- Cucumber
- Celery
- Broccoli
- Cauliflower
- Brussels Sprouts
- Asparagus
- Mushrooms \*Highly sensitive people should avoid
- Bag of cooking onions or shallots
- 1 Medium Red Onion
- Green onions
- Fresh Garlic & Ginger
- Pre-Washed Baby Spinach and Kale; Parsley (for smoothies)
- Rainbow kale (or other sturdy kind, for Kale chips)
- Bitter Greens (arugula, radicchio, endive, fris , mustard greens)
- Peppers; red, green yellow...
- Frozen Spinach
- Jicama
- Kohlrabi
- Zucchini and/or cabbage to be used like “pasta”. See recipe Guide for “Spaghetti” & Meat Sauce.

### Fruits

- Lots of Lemons & Limes
- Cherry or grape tomatoes
- Avocados

## DAIRY SUBSTITUTES

- Unsweetened Almond Milk (I prefer you to make home-made, but store-bought is ok in a pinch).
- Coconut milk, full fat, organic, BPA-free can

## NUTS, LEGUMES & GRAINS

- Almond Flour (ground almonds)
- Chia Seeds
- Hemp Hearts
- Flax Seeds (whole, not milled)
- Canned Chickpeas (Garbanzo beans)
- Canned Black beans
- Canned kidney beans
- Tahini
- Raw, Unsalted Nuts (walnuts, almonds, pecans etc...)
- Macadamia & Brazil nuts (just buy a few of each in bulk. Eat one Brazil Nut per day and add a few macadamia nuts to Trail Mix.)
- Raw seeds (pumpkin, sunflower)
- Organic raw or toasted coconut flakes or strips (health food stores)
- Quinoa (we reintroduce it in Week 4)

## MEAT & EGGS

- Chicken and/or Duck Eggs
- Wild Salmon
- Organic Chicken Breasts and/or thighs (skinless)
- Whole organic chickens (Costco 2 for \$30)
- Canned White Tuna and/or salmon, in water
- Local, organic, grass fed beef, pork, lamb, elk, bison etc...

## CONDIMENT/OILS/SEASONINGS

- Natural Almond Butter; roasted or raw
- Olive Oil (Organic, Cold Pressed, Extra Virgin)
- Avocado Oil (optional)

- Coconut Oil (Organic, Virgin)
- Coconut aminos (instead of soy sauce)
- Fresh rosemary (store in the freezer to maintain freshness)
- Pure Vanilla Extract or vanilla beans (Bulk Barn)
- [Ground Ceylon Cinnamon](#). You must buy Ceylon. (I found this one at a great price! If you also buy the turmeric (or spend .25 more on anything, you get FREE shipping)
- Turmeric. Superfood spice that reduces inflammation. [Here](#) is a great one at a great price!
- “Organic No salt seasoning” (Some Costco stores carry it;
- Or “Herbamare”)and/or “Herbes de Provence (nice on beef and lamb)
- Dijon mustard (be sure there is no sugar)
- Raw, Organic Apple cider vinegar (with the “mother”)
- Himalayan Salt (Costco has a great price). **NOTE: In ALL recipes (and forevermore) please use Himalayan salt.** It is essential to our health, makes dishes “pop” and contains minerals we lose in ordinary table salt, among other reasons.
- Coriander, if desired
- Black and/or green olives

## MISCELLANEOUS

**Herbal Tea** – Get a few different ones and enjoy a cup as dessert or whenever you’re craving something sweet. **Just be sure there is no sugar added and no “natural flavours” in the list as we never know what has been added.** I LOVE peppermint in the daytime, Lemongrass for a treat and Nighty Night (with Valerian) when I am winding down.

**Parchment Paper:** Great value at Costco. Nothing beats parchment for no-stick cooking, and for easy clean-up!

**Metal Rasp:** For zesting and for grating ginger

**Citrus Reamer:** If you don’t already have one, they are amazing tools!

**NOTES:** This is a SAMPLE Shopping List. Check the Supplemental Products List as well. You may not want to buy everything on this list, and there are recipes that require additional ingredients. But this will stock your cupboards with delicious, healthy options that we will be using to create delicious meals together.

## HAPPY SHOPPING! 😊