



## Winter Wonderland Class Shopping List

Produce	Pantry (cont.)
1 medium onion	<a href="#">Liquid allulose</a> (can substitute 100% pure maple syrup)
Fresh ginger	Maple Syrup
2 lbs. Sweet potatoes	<a href="#">Tapioca flour</a>
1 small bunch kale	Organic <a href="#">cornstarch</a> or <a href="#">arrowroot powder</a>
cilantro	Crushed red pepper
2 lemons	Kosher salt, table salt and black pepper
1 lime	Cooking oil spray (olive or avocado)
4 garlic cloves	
<b>Refrigerated</b>	Ground cumin
4 large eggs	Ground turmeric
<b>Freezer</b>	Ground coriander
Organic frozen wild blueberries (12-16oz)	<a href="#">Organic vegetable stock</a>
<b>Pantry</b>	<a href="#">Coconut milk</a>
Fruity extra virgin olive oil	<a href="#">Avocado oil</a>
2 cups <a href="#">blanched almond flour</a>	<a href="#">Granulated Allulose</a>
Baking powder	<a href="#">Cream of tartar</a>
½ cup brown lentils (sub green)	

- All of the above ingredients should be available at Whole Foods. If you wish to buy on Amazon, I have included links. As an Amazon Associate, I may earn a small commission when you purchase through these links.
- When purchasing produce, I always suggest organic when possible. Based on the EWG's dirty dozen, you should definitely purchase organic kale if at all possible.

- Anytime we use animal protein, I always suggest you choose organic, free range or grass fed. For fish I suggest wild caught small fish whenever possible.
- When roasting or sauteing, I recommend using [avocado oil](#) when possible. I prefer a good organic and cold pressed [olive oil](#) for sauces or to drizzle over already roasted vegetables.