

LITTLE ADAPTS BY JAX

Grocery List and Pantry Staples:

Grocery Store:

- 2 types of greens (kale, spinach, arugula, etc)
- 3 organic peppers
- 1 bunch of bananas
- 3-4 apples or any other type of fruit
- 1-2 cartons of fresh, organic berries
- 1-3 bags of frozen fruit for smoothies (Blueberries, strawberries, and mango/pineapple are usually my staples)
- 1 package of frozen unsweetened acai packets (Sambazon)
- 1 organic cucumber
- 1 organic broccoli
- 1 organic cauliflower
- 1 bag of baby carrots
- 1 box of cherry tomatoes
- 3 - 4 organic sweet potatoes
- 1 onion
- 1 bulb of garlic
- 1 package of coconut flour tortillas (Siete)
- 1 new veggie per week
- 4-5 lemons
- 4-5 avocados
- 1-2 containers of hummus
- 1 container of (BetterBean) bean dip/1 can of beans
- ½ carton of eggs (6)
- 1 frozen package of ezekiel bread (Food for Life Baking)
- Additional protein you would like (Organic, grass fed animal meat or wild fish)
- 1 ½ gallon non-dairy milk
- 1-2 liters of coconut water (I usually buy what's on sale)

Pantry Staples:

Link to sign up for Thrive Market: <http://thrv.me/xCWGwc>

Banza pasta

Chia seeds (Thrive)

Ground flax seeds (Spectrum)

Raw nuts and seeds (almonds, pecans, walnuts, cashews, pumpkin seeds, sunflower seeds, etc)

Dried fruit (goji berries, raisins)

Dried Mango (Make sure unsweetened + no sulfur added)

Brown rice/quinoa packets (Seeds of Change) or packages (Thrive)

Hemp Hearts (Manitoba)

Coconut oil spray (Spectrum)

Avocado oil spray (Chosen Foods)

Avocado oil (Primal Kitchen)

Olive oil (Organic, extra virgin + unrefined)

Tahini

Almond/peanut/cashew/sunflower butter (I usually do the organic, unsalted + unsweetened)

Coconut butter (Artisana)

Coconut oil in jar (Thrive)

GoMacro bars

Braggs Apple Cider Vinegar

Balsamic vinegar

Spices: Ginger, turmeric, curry, salt, pepper, basil, cayenne pepper, cumin, red chili flakes, ceylon cinnamon (Simply Organic)

Sesame seeds

Tomato sauce (Thrive)

Cans of garbanzo and black beans

Unsweetened cacao powder (Thrive)

Liquid Stevia (Stevia Leaf)

Vanilla extract

Gluten free rolled oats (Bob's Red Mill)

Primal Kitchen or Annie's dressings to have on hand

Mary's Gone Crackers

Purely Elizabeth Granola

Lundberg's thin stacked brown rice cakes

Salsa

Coconut and/or almond flour (Bob's Red Mill)

Sriracha

Raw honey/raw manuka honey
Organic maple syrup (Coombs Family Farms)
Vegetable Broth (Pacific) or Bone Broth

Amazon “Little Adapts By Jax” Page

<https://www.amazon.com/shop/littleadaptsbyjax>

Additional Information:

The Dirty Dozen List

1. Strawberries
2. Spinach
3. Nectarines
4. Apples
5. Peaches
6. Pears
7. Cherries
8. Grapes
9. Celery
10. Tomatoes
11. Sweet Bell Peppers
12. Potatoes

The Clean Fifteen List

1. Avocados
2. Sweet Corn*
3. Pineapples
4. Cabbage
5. Onions
6. Frozen Sweet Peas
7. Papayas*
8. Asparagus
9. Mangos
10. Eggplant
11. Honeydew
12. Kiwi
13. Cantaloupe
14. Cauliflower
15. Broccoli