

HOLIDAY
EDITION ❄️



Fearless Foodie COOKBOOK



Grocery List



Grocery List

<i>Proteins</i>	<i>Vegetables</i>	<i>Fruits</i>
<input type="checkbox"/> Chicken Breast <input type="checkbox"/> Ground Turkey <input type="checkbox"/> Eggs <input type="checkbox"/> Whey Protein Powder <input type="checkbox"/> Turkey Breast	<input type="checkbox"/> Broccoli <input type="checkbox"/> Spinach <input type="checkbox"/> Carrots <input type="checkbox"/> Cucumber <input type="checkbox"/> Celery <input type="checkbox"/> Asparagus <input type="checkbox"/> Zucchini <input type="checkbox"/> Tomatoes <input type="checkbox"/> Portobello Mushrooms <input type="checkbox"/> White Button Mushrooms <input type="checkbox"/> Leeks <input type="checkbox"/> Romaine Lettuce <input type="checkbox"/> Sweet Potato <input type="checkbox"/> Cauliflower <input type="checkbox"/> Red Cabbage <input type="checkbox"/> Kale <input type="checkbox"/> Green onions <input type="checkbox"/> Brussels Sprouts <input type="checkbox"/> Green Beans <input type="checkbox"/> Beets <input type="checkbox"/> Fresh Garlic <input type="checkbox"/> Yellow or White Onions <input type="checkbox"/> Sundried Tomatoes	<input type="checkbox"/> Banana <input type="checkbox"/> Orange <input type="checkbox"/> Red, Green & Golden Apples <input type="checkbox"/> Dates <input type="checkbox"/> Dried Cranberries <input type="checkbox"/> Dried Cherries <input type="checkbox"/> Dried Apricots <input type="checkbox"/> Goji Berries <input type="checkbox"/> Frozen Berries <input type="checkbox"/> Blackberries <input type="checkbox"/> Strawberries <input type="checkbox"/> Raspberries <input type="checkbox"/> Dried Currants <input type="checkbox"/> Raisins <input type="checkbox"/> Dried Mango <input type="checkbox"/> Lemon <input type="checkbox"/> Lime <input type="checkbox"/> Pomegranates <input type="checkbox"/> Medjool Dates
<i>Fats</i>		<i>Spices / Seasonings</i>
<input type="checkbox"/> Almond Butter <input type="checkbox"/> Almonds <input type="checkbox"/> Green Olives <input type="checkbox"/> Pepitas <input type="checkbox"/> Coconut Oil <input type="checkbox"/> Coconut Milk <input type="checkbox"/> Coconut Cream <input type="checkbox"/> Olive Oil <input type="checkbox"/> Pistachios <input type="checkbox"/> Cashews <input type="checkbox"/> Pecans <input type="checkbox"/> Walnuts <input type="checkbox"/> Sunflower Seeds <input type="checkbox"/> Sunflower Butter <input type="checkbox"/> Brazil Nuts	<i>Baking Ingredients</i>	<input type="checkbox"/> Cinnamon <input type="checkbox"/> Nutmeg <input type="checkbox"/> AllSpice <input type="checkbox"/> Salt <input type="checkbox"/> Pepper <input type="checkbox"/> Ground Ginger <input type="checkbox"/> Ground Cloves <input type="checkbox"/> Chili Flakes <input type="checkbox"/> Cardamom <input type="checkbox"/> Nutritional Yeast <input type="checkbox"/> Basil <input type="checkbox"/> Oregano <input type="checkbox"/> Thyme <input type="checkbox"/> Onion Powder <input type="checkbox"/> Garlic Powder <input type="checkbox"/> Fresh Ginger <input type="checkbox"/> Fresh Turmeric
<i>Condiments</i>		<i>Other</i>
<input type="checkbox"/> Mustard <input type="checkbox"/> Apple Cider Vinegar <input type="checkbox"/> Balsamic Vinegar <input type="checkbox"/> Canned Tomatoes <input type="checkbox"/> Maple Syrup <input type="checkbox"/> Honey <input type="checkbox"/> Coconut Aminos (soy sauce substitute) <input type="checkbox"/> Sauerkraut <input type="checkbox"/> Canned Pumpkin puree <input type="checkbox"/> Canned Tomatoes	<input type="checkbox"/> Coconut Flour <input type="checkbox"/> Coconut Flakes <input type="checkbox"/> Baking Powder <input type="checkbox"/> Brown Rice Flour <input type="checkbox"/> Quinoa Flakes <input type="checkbox"/> Dark Chocolate Chips <input type="checkbox"/> Pumpkin Puree <input type="checkbox"/> Chia Seeds <input type="checkbox"/> Almond Flour <input type="checkbox"/> Coconut Sugar <input type="checkbox"/> Cacao Powder <input type="checkbox"/> Vanilla Extract <input type="checkbox"/> Tapioca Starch <input type="checkbox"/> Ground Flax <input type="checkbox"/> Baking Soda	<input type="checkbox"/> Rice Noodles <input type="checkbox"/> Black Rice <input type="checkbox"/> Black Beans <input type="checkbox"/> Lentils <input type="checkbox"/> Quinoa <input type="checkbox"/> Mary's Gone Crackers <input type="checkbox"/> Steel Cut Oats <input type="checkbox"/> Rolled Oats <input type="checkbox"/> Ezekiel Bread <input type="checkbox"/> Cacao Nibs <input type="checkbox"/> Brown Rice Cakes <input type="checkbox"/> Rice Crackers <input type="checkbox"/> Nori Seaweed <input type="checkbox"/> Tea <input type="checkbox"/> Coffee