

21 day reset shopping list

**ingredients with amounts listed are required for recipes, you may choose to get more*

PRODUCE

berries
broccoli*
brussels sprouts
butternut squash*
carrots*, **10**
celery*, **1 stalk**
collard greens*
dandelion greens
delicata squash
green apple, **1**
green beans*
kabocha squash
kale*
lemons, **4**
pears, **2 ripe**
pink lady apples, **5**
spinach*
sweet potato*, **1 large**
swiss chard
wakame
Optional: raisin

OWL PRODUCTS

OWL Broth Elixirs, **5 jars**

OPTIONAL PRODUCE

avocado
beets
broccoli sprouts
fennel
lime
microgreens
romaine lettuce
steamed leafy greens
zucchini

FRESH HERBS

cilantro
dill
parsley
rosemary

PROTEIN

spirulina
ground turkey*, **1 lb**
wild caught salmon*, **3 oz**

OPTIONAL PROTEIN

lamb
red lentils
split mung dahl

SPICES & POWDERS

black pepper
cardamom powder
5 crushed green cardamom pods
chia seeds
cinnamon powder
2 cinnamon sticks
ground cloves
2 whole cloves
coconut palm sugar
coriander powder
cumin powder
fennel seeds
ginger powder
fresh ginger
whole mustard seeds
himalayan salt
ground nutmeg
1 whole star anise
turmeric powder
1 knob fresh turmeric root
Optional: dulse flakes
Optional: Hing/asafetida

