

\$10,000 Blueprint Challenge

Grocery List

<https://blueprint.fountain-of-youth.com/>

Below you will find my basic grocery shopping list. Please note:

1. I stock up only on fresh / perishable groceries on my weekly trip to the supermarket.
2. If possible I buy organic, seasonal and regional.
3. Meats, fish & eggs are preferably sourced from local farms I've seen myself. If that's not possible then the highest quality that the supermarket offers.
4. All non-perishable food, I try to bulk order (for convenience & cost) and stock in my pantry (see section pantry below).
5. This list has the essentials I shop for groceries, yet is not exhaustive as e.g. seasonal veggies are not on the list.

Produce

Veggies:

- Cauliflower
- Cucumber
- Onions
- Broccoli
- Sweet Potatoes
- Potatoes
- Carrots
- Small Tomatoes
- Avocado
- Mushrooms
(varying maitake,
shitake, oyster)
- Spinach
- Seasonal greens
- Radishes
- Chicory
- Radicchio

Herbs/Spices:

- Parsley
- Garlic
- Turmeric (fresh)
- Thyme
- Cilantro
- Ginger

Fruits:

- Lemon
- Apples
- Lots of Berries
- Seasonal Fruits
- Kiwi

Refrigerated & Dairy

- Eggs
- Plant Based Milk
- Plant Based Yoghurt
- Tofu

Meat & Seafood

I buy those irregular & interchangeably.
We eat 1-2 meat or fish dishes per week.

- Whole Free Range Chicken (I usually buy the whole chicken)
- Wild caught fish

Fermented Foods

Never buy canned fermented foods, only refrigerated. That keeps the useful gut bugs alive.

- Kimchi
- Sauerkraut
- Kefir

Pantry

- | | | |
|---|----------------------------------|--------------------------|
| • Lentils (dried): <ul style="list-style-type: none">◦ Brown◦ Beluga◦ Red Split | • Cashew Butter | • Apple Cider Vinegar |
| • Chickpeas (dried) | • Basmati or Brown Rice Unhulled | • Extra Virgin Olive Oil |
| • Mung Beans | • Tomatoes (canned) | • Nuts (unsalted) |
| • Tahini (white) | | • Mustard |
| • Peanut Butter | | • Honey |
| • Almond Butter | | • Kalamata Olives |
| | | • Quinoa |