CLAUDIA

saez-fromm

the {new york} life

Our Shopping List

Vegetables:
6 big Tomatoes
5 Bell Peppers
2 sweet (white) Onions
1 bunch of asparagus
1 bunch of Cauliflower
7 Avocados
2 carrots
2 Cucumbers

2 Almond Milk - vanilla flavored
Grass-fed, grass- finished organic steak
Local, grass-fed, grass-finished Lamb
6 Hamburgers
Dark chocolate bars

Fruits:
Blackberries
Blueberries
Raspberries
20 Apples
2 pineapples

Cinnamon sticks
Stubbs beef marinade
Pastured Eggs - 3 dozen
Nuts and Seeds (Organic):
Ideally go with raw nuts/seeds, preferably in the shell, as per-roasted, shelled nuts are often rancid and full of oxidized fats.

Healthy Fats/Oils:
Tea - use, white, green or black.
For all varieties, go for the freshest leaves possible, and use loose leaves or sachets rather than bags. Make a big batch each week and chill it for later use.
Dairy - use Ghee or grass-fed butter.
Kerrygold Irish Butter (salted only) is the best mass market butter available.
Natural by Nature Grass-Fed Organic Sweet Cream Butter
Cheese- from grass-fed cows, goats and sheep is ok in moderation.
The harder the cheese, the longer the fermentation, and the higher the vitamin content.

Cocoa/ Dark chocolate:
Valrhona 85% Dark Chocolate
Green and Black's Organic 70% and 85%
Lindt 70%,85%, 90%
Dagoba 100%
Navitas Raw Cacao Nibs and Powder