

# Shopping List for Knife and Equipment Mastery

Check off what you already have, and you will know exactly what to get for the entire course.

## Day One

- ☐ Cutting board
- ☐ Chef knife
- ☐ Paring knife
- ☐ Board scraper
- ☐ Celery (1 head)
- ☐ Basil or parsley (1 bunch)
- ☐ Carrots (5-10 large)
- ☐ Dino Kale (1 bunch) – or any kale variety
- ☐ Mason jar (1 pint or 1 quart, for making fermented onions)
- ☐ Band-Aides ☺

## Day Two

- ☐ Broccoli (1 bunch)
- ☐ Cauliflower (1 head)
- ☐ Bell Pepper (2-3)
- ☐ Lemons (5, save one for smoothies on day 4)
- ☐ Limes (2)
- ☐ Cremini Mushrooms (1 pkg – or white button mushrooms)
- ☐ Oranges (4 large, save 1 for smoothies on day 4)
- ☐ Strawberries (1 pint)
- ☐ Scallions (1 bunch)
- ☐ Roma Tomatoes (4-6)
- ☐ Celtic Sea Salt or Redmond Real Salt
- ☐ Mason jar (1 quart, for making fermented veggies)

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## Day Three

- ☐ Collard Greens (1 bunch, or other large leafy green for wraps)
- ☐ Avocado (2 large)
- ☐ Mango (2 large)
- ☐ Young Thai Coconuts (2-3)
- ☐ Watermelon (1, always organic if you want to make pickled rinds))
- ☐ Cabbage (1 head, green or red)
- ☐ Corn (2-4 ears, organic! To avoid GMO)

## Day Four

- ☐ Pineapple (1)
- ☐ Apple (1-2, for smoothie)
- ☐ Banana (1-2 for smoothie)
- ☐ Garlic (1 head)
- ☐ Olive oil (cold pressed, extra virgin organic)
- ☐ Zucchini (2-4 large – or gold bar summer squash)
- ☐ Dried mushrooms (for Zone Broth)
- ☐ Sea Vegetables (for Zone Broth)
- ☐ Beets (for juicing) - optional

For any of my recommendations on hard-to-find tools, equipment or ingredients:

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