



MAKE IT FUN HEALTH

Daring Adventure

Cooking Jam - Week 1 Grocery List

A quick reminder as you shop: We are easing into a whole-foods, plant-based lifestyle together. **It's about progress, not perfection!** Buy enough to snack multiple times a day.

FRESH PRODUCE

- **Bananas:** Grab a large bunch.
Tip: We want a few nice and ripe for Wednesday. If any get too ripe early, peel and freeze them!
- **Apples & Grapes:** Pick your favorite varieties for snacking.
- **Citrus & Orchard Fruit:** Oranges, clementines, grapefruit, or pears.
- **Lemon or Lime:** 1 small, to add a pop of brightness to meals.
- **Fresh Greens:** Baby spinach, kale, mustard greens, or Swiss chard.
Tip: If you're new to greens, don't worry—you won't even taste them once we blend them into a smoothie!

FROZEN AISLE

- **Frozen Fruit Bags:** Grab individual bags of frozen mangoes & frozen pineapples OR frozen blueberries & frozen cherries.

PANTRY & BAKING STAPLES

- **Rolled Oats:** Consider buying organic rolled oats to avoid glyphosate and other herbicides.
Optional substitutions for the hot cereal: Steel-cut oats, teff, or bulgur.
- **Flax & Chia Seeds:** Ground flax and ground chia seeds.
Tip: You can buy them pre-ground or grind whole seeds in a blender or coffee grinder.
- **Dates & Raisins:** Our fantastic, all-natural sweeteners!

MILK & NUTS

- **Plant Milk or Raw Cashews:** Raw cashews (if you have a high-speed blender to make milk) OR a clean plant-based milk (like Forager).
Tip: Don't worry about finding the "perfect" milk just yet—do your best for now.
- **Unsalted Nuts (Optional):** Almonds, sliced almonds, walnuts, etc.

FLAVOR BOOSTERS

- **Ground Cinnamon or Cacao:** Perfect for a warm flavor without any added sugar.
- **Pure Vanilla Extract (Optional):** Adds a wonderful aroma to oats or smoothies.

You can do it when you make it fun!