

# adrenal reset diet

## KITCHEN RESET SHOPPING LIST



### EXPEDITION (THING TO PURCHASE)

#### IRL = IN REAL LIFE

##### FRESH MEATS

- CHICKEN
- WILD CAUGHT
- SALMON
- GRASS-FED BEEF
- SCALLOPS

##### FRESH PRODUCE

- CUCUMBERS
- TOMATOES
- LEAFY GREENS
- BEETS

### SET THINGS UP

#### CLEANING SUPPLIES

- 7TH GENERATION VINEGAR
- CASTILE SOAP
- BLEACH

- RICE COOKER
- MICROWAVE

#### EXPRESS COOKING

- PRE-COOKED RICE
- PRE-COOKED CHICKEN
- PREPPED VEGETABLES

### URL = ONLINE (BULK PURCHASES)

- BEANS - DRY OR CANNED
- LEGUMES

#### INTACT WHOLE GRAINS

- QUINOA
- TEFF
- WHOLE GRAIN BROWN RICE

\*THIS LIST ACTS AS A STARTING POINT.  
MAKE SURE THAT YOU EAT A VARIETY OF COLORFUL  
FOODS EVERY DAY.