

# EXPERIENCE LIFE

## Confident Cook: January/February Shopping List From Nom Nom Paleo's Michelle Tam

### Meat/Seafood/Proteins

---

- Bacon  
4 slices + 3 slices
- Eggs  
pastured, 2 large
- Pork shoulder  
bone-in, 5 lbs.

### Dairy/Non-Dairy

---

- Coconut milk  
full-fat, ½ cup

### Spices & Oils

---

- Balsamic vinegar  
aged
- Black pepper ●
- Cardamom  
ground
- Coconut oil
- Ghee ●
- Kosher salt ●●
- Paprika
- Sea Salt  
Hawaiian red

### Pantry Staples

---

- Chicken stock or bone broth  
4 cups

### Produce

---

- Apple  
1 Braeburn, Empire, McIntosh, or Cortland
- Avocado  
1 large Haas
- Brussels sprouts  
1 ½ to 2 lbs. (save outer leaves for chips)
- Carrots  
1 ½ lbs.
- Garlic  
6 cloves
- Gingerroot  
1 knuckle
- Leeks  
2 large
- Lemon  
1 medium

### KEY

Match the ingredients above to recipe below by color.

**Carrot and Cardamom Soup**

Avocado Toad-in-a-Hole

Roasted Brussels Sprouts With Bacon

Kalua Pork

**Bonus Recipe!** Brussels Sprouts Chips

(Find this recipe exclusively at [ELmag.com/nomnompaleo](http://ELmag.com/nomnompaleo) and in our enhanced digital edition.)

● Indicates ingredients used in multiple recipes.

