

CLUB QUARANTINE GROCERY LIST



IMMUNE SYSTEM BOOST AND RECOVERY

- Amazing Greens Supplement
- Vitamin C
- Zinc
- Oregano oil
- Adult Delsym Cough Syrup & Children's Delsym Cough Syrup



HYDRATION

- Water
- Gatorade
- Grapefruit/Orange Juice (high in Vitamin C)
- Coconut Water
- Oat/Cashew/Coconut milk
- Lactose Free cow's milk
- Shelf stable almond milk



PANTRY

- Sea Salt
- Black Pepper
- Preferred seasonings
- Red, white, and yellow onions
- Yukon Gold Potatoes
- Sweet Potatoes
- Mushrooms
- Spinach/Mesclun Greens/Kale/Collard Greens
- Bananas
- Berries
- Grapes
- Lemon/Lime
- Linguine/Spaghetti/Rigatoni/Elbow Macaroni
- Self-Rising Flour
- Coconut/Almond Flour (gluten free option)
- White and Light Brown Sugar
- Agave Nectar
- Honey
- Shelf Stable Pancake Mix
- Tomato Paste
- Spaghetti Sauce
- Mayo
- Yellow Mustard
- Ketchup
- Canned Beans (white, red, black, and refried)
- Glass Jar Preserved Vegetables/Fruit
- Parboiled Rice
- Chicken Stock



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- Vegetable Stock
- Vegetable oil
- Snacks for Children/Adults in Home
- Bread (buy extra and freeze)
- Gallon Storage Bags/Ziplock
- Foil/Plastic Wrap



DAIRY

- Salted Butter
- Sour Cream
- Cream Cheese
- Cheese (dairy free may or may not be available)



PROTEINS

****YOU MAY HAVE TO OPT FOR FROZEN PROTEINS! GO IN WITH THE MENTALITY OF CHOOSING FROM WHAT'S LEFT.**

- Chicken Thighs/Chicken Breast
- Chicken Wings
- Ground Turkey
- Turkey Tenderloin
- Ground Beef
- Fish Filets
- Cage Free Eggs
- Bacon
- Sausage
- Deli Meat

And Wine. Get Wine. No Shame here.

I believe in US! I know what we can do. Let go of fear. Focus only on power and peace. Happy to help where I can: @[@cheftothestars](https://www.instagram.com/cheftothestars)[@me.com](mailto:cheftothestars@me.com)

Chef Tiffani Janelle
EAT WELL

ASE
BEAUTY
beautiful. clean. you.