



## January Grocery List

Rest & Renewal | Warm, Simple, Nourishing

*You don't need everything on this list. Choose a few staples and repeat them.*

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### Produce (Grounding & Warming)

- Carrots
  - Sweet potatoes
  - Beets
  - Winter squash (butternut, acorn)
  - Turnips or parsnips
  - Potatoes
  - Onions
  - Garlic
  - Leeks
  - Celery
  - Kale, chard, or spinach
  - Fresh ginger
  - Lemons
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### Protein Sources

#### Animal-Based

- Chicken (whole or parts)
- Ground turkey or beef
- Beef or lamb (for slow cooking)
- Eggs
- Bone broth

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### Plant-Based

- Lentils
  - Split peas
  - White beans
  - Chickpeas
  - Tofu or tempeh
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### Grains & Starches

- Rice (white or brown)
  - Oats
  - Quinoa
  - Buckwheat
  - Sourdough bread (if tolerated)
  - Gluten-free bread or crackers (if needed)
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### Fats & Pantry Staples

- Olive oil
  - Ghee or butter (if tolerated)
  - Coconut oil
  - Sea salt
  - Black pepper
  - Bay leaves
  - Thyme
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### Herbal Teas

- Chamomile
- Nettle

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- Tulsi (Holy Basil)
  - Ginger (fresh or dried)
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## Optional / Convenience Items

- Store-bought soup or broth
  - Electrolytes or mineral salt
  - Crackers or toast for low-energy days
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## Gentle Reminder

January nourishment is about **warmth, consistency, and ease** — not variety or perfection. If your meals feel repetitive and comforting, you're doing it right.

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