## GROCERY LIST STAPLES

1	Olive Oil	
2	Lemons	
3	Honey or maple syrup	
4	Garlic and onions (as flavor builders)	
5	Sea salt	
6	Fresh black pepper	
7	A favorite protein	
8	Leafy greens	
9	A favorite grain	
10	Four favorite vegetables (at least four, but the more the better!)	