
Protein Shakes

- Flaca Stay Lean™ All-in-one Protein Shakes (plant-based) – Chocolate or vanilla.
You can buy them at the shop at www.FlacaForever.com
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Proteins

- Beef (organic, grass-fed)
 - Chicken breasts (organic, free-range)
 - Chicken leg with thigh (organic, free-range)
 - Eggs (organic, free-range)
 - Flank steak (organic, grass-fed)
 - Pork (organic-pasture-raised)
 - Salmon (wild)
 - Shrimp (wild)
 - Tilapia (wild)
 - Turkey ground (organic, pasture-raised)
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Non-dairy Milks

- Almond Milk (unsweetened)
- Coconut Milk (unsweetened)

Oils and Vinegars

- Olive oil (extra-virgin)
- Rice wine vinegar
- Sesame oil
- White vinegar
- Wine vinegar (red, white or champagne)

Nuts/Seeds

- Almonds – raw, organic
- Chia seeds - organic
- Pecans – raw, organic
- Pumpkin seeds - raw (pepitas)
- Walnuts - raw

Produce (Fruits and Veggies)

- Apples (organic)
- Anaheim chile
- Arugula
- Asparagus
- Avocado
- Blueberries

- Broccoli
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery (organic)
- Chayote
- Cherry tomatoes (organic)
- Cucumber (organic)
- Cilantro - fresh
- Garlic
- Green onions
- Habanero chiles
- Jalapeño chiles
- Jicama
- Lemon
- Lime
- Mint (fresh)
- Oranges
- Poblano chiles
- Red bell peppers (organic)
- Red cabbage
- Red onion

- Roma tomatoes (organic)
- Serrano chiles
- Shallots
- Strawberries (organic)
- Tomatillos
- Yellow bell pepper (organic)
- Yellow onion
- Zucchini

Frozen Produce (Fruits and Veggies)

- Frozen peas

Grains and Legumes

- Amaranth
- Black beans (dried)
- Brown rice
- Quinoa

Spices and Condiments

- Allspice (ground)
- Ancho chile (dried) – you can buy online at [Thespicehouse.com](https://www.thespicehouse.com)

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- Annatto seeds – you can buy online at [Thespicehouse.com](https://www.thespicehouse.com)
- Bay leaves
- Black pepper (freshly ground)
- Cayenne pepper
- Chili pepper flakes
- Chili powder (“Tajin” is my favorite. You can find it at Walmart or in Amazon)
- Cinnamon (ground)
- Cinnamon stick
- Cloves (ground)
- Clove (whole)
- Cumin (ground)
- Guajillo pepper – buy online at [Thespicehouse.com](https://www.thespicehouse.com)
- Mulato chile– you can buy online at [Thespicehouse.com](https://www.thespicehouse.com)
- Nutmeg (ground)
- Onion powder
- Oregano (dried)
- Paprika
- Pasilla chile - You can buy online at [Thespicehouse.com](https://www.thespicehouse.com)
- Sea salt
- Sriracha sauce
- Tabasco sauce
- Tequila

Jarred/Canned

- Almond Butter (unsweetened, organic)
- Chicken stock (organic and low sodium)
- Chipotle peppers
- Diced Tomatoes (organic)
- Garbanzo beans or chickpeas
- Prunes (unseeded)
- Tomato paste (organic)
- Vegetable broth (organic)

Miscellaneous

- Epsom salts (great for relaxing baths before bed)
- Stevia (pure)
- Vanilla extract

Drinks

- Coffee (organic and dark roasted)
- Green tea
- Herbal teas
- Sparkling water