

SHOPPING LIST

Meal Plan 1: includes both fish and meat (Mostly Paleo & Gluten Free)

VEGETABLES

- 6 cups spinach
- 1 cup arugula
- 12 cherry tomatoes
- 5 sweet potatoes
- 1 bell pepper
- 3 heads of cauliflower
- 2 yellow onions
- 2 red onions
- ¼ cup roasted red peppers
- 1 can of diced tomatoes
- 2 bunches kale
- 2-3 cups shredded lettuce
- 2 ½ butternut squashes
- 4 carrots
- 1 nori sheet
- 1 small jicama
- 1 4oz bag of edamame
- 2 heads of broccoli
- 1 bunch of collard greens
- 2 scallions
- 1 pint snap peas
- 3 small radishes
- 7 zucchinis
- 1 spaghetti squash
- 1 large bunch swiss chard
- 2 cups green beans
- Vegetables for chips: portabella mushrooms, zucchini, kale, sweet potatoes
- 1 bunch greens of choice (arugula, spinach, etc)

- Other toppings for salads

FRUITS

- 3 bananas
- 5 avocados
- 2 8 oz pack of blueberries/raspberries
- 8 oz pack of red currants
- 8 oz box of pomegranate arils
- 1/3 cup pomegranate juice
- 8 oz pack of blackberries
- ½ cup orange juice
- 1 tablespoon lime juice
- 1 cup 1 tablespoons lemon juice
- 2 ½ lemons for zest and juice
- 2 cucumbers
- 4 oranges
- 2 cups of fresh fruit of choice

GRAINS and LEGUMES

- ½ cup pseudo grains (quinoa, millet, etc)
- 1 cup buckwheat flour
- 1 cup red lentils
- 3 tablespoons tapioca starch
- 4 tablespoons almond meal
- ½ cup non GMO popcorn kernels

MEAT/SEAFOOD/EGGS/CHEESE

- 1 dozen and 8 eggs
- 8 slices of bacon
- 1-2 tablespoons bacon fat
- 3 sausage links
- 1 cup gouda cheese

- 4 cups chicken broth
- ½ pack of smoked salmon
- 1 ½ pounds of ground chicken
- 1 salmon fillet
- 14 chicken drumsticks
- ½ pound uncured bacon
- 2 pounds boneless chicken
- 2 pounds caught wild shrimp
- 1 pound ground lamb

HERBS AND SPICES

- 2 tablespoons fresh chives
- 1 cup fresh basil leaves
- 6 ½ teaspoons sea salt
- 3 teaspoons black pepper
- 1 teaspoon thyme
- 3 teaspoons cinnamon
- 2 ½ teaspoons curry powder
- 1 ½ tablespoons garlic + 11 garlic cloves
- 3 teaspoons turmeric
- ½ teaspoon coriander
- 1 teaspoon cardamom
- 2 ½ teaspoons ginger
- 1 teaspoon mustard seed
- 2 ½ teaspoons cumin
- ½ teaspoon paprika
- ½ teaspoon cayenne
- 2 teaspoons cilantro
- ½ cups fresh parsley
- ¼ teaspoon rubbed sage
- 1 ¼ teaspoon onion powder
- 3 teaspoons garlic powder
- Pinch dried marjoram
- Pinch ground cloves
- ½ teaspoon dried oregano
- 7-10 mint leaves + 1 tablespoon of mint
- 1 teaspoon herbes de provence spices
- 4 tablespoons of herbs of choice
- Chili flakes
- ½ teaspoon Herbamare
- Rosemary

MILK ALTERNATIVES

- 1 cup milk alternative (except rice)
- 1 ½ cup almond milk

NUTS AND SEEDS

- 1 tablespoon chia seeds
- 3 tablespoons almond butter
- 3 tablespoons ground flaxseed
- 1 teaspoon hemp seeds
- 1 cup raw almonds
- 1/8 cup shelled pistachios

OILS

- 5 tablespoons + 1 teaspoon coconut oil
- 14 tablespoons extra virgin olive oil + ¾ cup
- 4 tablespoons grass-fed unsalted butter
- 3 tablespoons melted ghee
- ¾ cup coconut manna/butter

OTHER

- 2 ½ teaspoon vanilla
- ½ teaspoon hazelnut extract
- ½ teaspoon almond extract
- 1 cup 70% chocolate chunks
- ½ cup unsweetened coconut flakes
- 1 tablespoon cacao powder
- 2 tablespoons psyllium husk
- 1 teaspoon baking powder
- 4 cups low-sodium vegetable broth
- 1 bag peppermint tea
- 1 bag chamomile tea
- ½ cup + 1 tablespoon coconut cream
- 1 tablespoon Dijon mustard
- 1 ½ tablespoon apple cider vinegar
- 11 tablespoons Further Collagen