

from the book **PRACTICAL PALEO**
guide to: paleo foods

Eat whole foods. Avoid foods that are modern, processed, and refined. Eat as close to nature as possible, and avoid foods that cause stress for the body (blood sugar, digestion, etc.). Eat nutrient-dense foods to maintain energy levels. Enjoy your food, and hold positive thoughts while you consume it.

meat, seafood & eggs

INCLUDING BUT NOT LIMITED TO:

- Beef
- Bison
- Boar
- Buffalo
- Chicken
- Duck
- Eggs
- Game meats
- Goat
- Goose
- Lamb
- Mutton
- Ostrich
- Pork
- Quail
- Rabbit
- Squab
- Turkey
- Veal
- Venison
- Catfish
- Carp
- Clams
- Grouper
- Halibut
- Herring
- Lobster
- Mackerel
- Mahi mahi
- Mussels
- Oysters
- Salmon
- Sardines
- Scallops
- Shrimp
- Prawns
- Snails
- Snapper
- Swordfish
- Trout
- Tuna

fats & oils

- Avocado oil
- Bacon fat/lard
- Butter
- Coconut milk
- Coconut oil
- Duck fat
- Ghee
- Macadamia oil
- Olive oil: CP
- Palm oil
- Schmaltz
- Sesame oil: CP
- Suet
- Tallow
- Walnut oil

nuts & seeds

- Almonds
- Brazil nuts
- Chestnuts
- Hazelnuts
- Macadamia
- Pecans
- Pine nuts
- Pistachios*
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

liquids

- Almond Milk, fresh
- Coconut Milk
- Coconut water
- Herbal tea
- Mineral water
- Water

superfoods

GRASS-FED DAIRY:

- butter, ghee,

ORGAN MEATS:

- Liver, kidneys, heart, etc.

SEA VEGETABLES:

- Dulse, kelp, seaweed
- Herbs & spices

BONE BROTH:

- Homemade, not canned or boxed

FERMENTED FOODS:

- *Sauerkraut*, carrots, beets, high-quality yogurt, kefir, kombucha

NOTES

CP = cold-pressed
Bold = nightshades
Italics = goitrogenic

* = FODMAPs (p. 115)
^ = buy organic

vegetables

INCLUDING BUT NOT LIMITED TO:

- Artichokes*
- Asparagus*
- Arugula
- Bamboo shoots
- Beets*
- Bok choy
- Broccoli*
- Brussels sprouts*
- Cabbage*
- Carrots
- Cassava
- Cauliflower*
- Celery^
- Chard
- Collard greens^
- Cucumbers
- Daikon
- Dandelion greens*
- Eggplant*
- Endive
- Fennel*
- Garlic*
- Green beans
- Green onions*
- Jicama*
- Kale^
- Kohlrabi
- Leeks*
- Lettuce^
- Lotus roots
- Mushrooms*
- Mustard greens*
- Okra*
- Onions*
- Parsley
- Parsnips
- Peppers**
- Purslane
- Radicchio
- Radishes
- Rapini
- Rutabagas
- Seaweed
- Shallots*
- Snap peas
- Spinach^
- Squash
- Sugar snaps
- Sunchokes*
- Sweet potatoes
- Taro
- Tomatillos
- Tomatoes
- Turnip greens
- Turnips
- Watercress
- Yams
- Yuccas

fruits

INCLUDING BUT NOT LIMITED TO

- Apples*^
- Apricots*
- Avocados*
- Bananas
- Blackberries*
- Blueberries^
- Cherries*
- Cranberries
- Figs*
- Grapefruit
- Grapes^
- Guavas
- Kiwis
- Lemons
- Limes
- Lychees*
- Mangoes*
- Melons
- Nectarines*^
- Oranges
- Papayas
- Passionfruit
- Peaches**
- Pears*
- Persimmons*
- Pineapples
- Plantains
- Plums*
- Pomegranates
- Raspberries
- Rhubarb
- Star fruit
- Strawberries^
- Tangerines
- Watermelon*

herbs & spices

INCLUDING BUT NOT LIMITED TO

- Anise
- Annatto
- Basil
- Bay leaf
- Caraway
- Cardamom
- Carob
- **Cayenne pepper**
- Celery seed
- Chervil
- Chicory*
- **Chili pepper**
- **Chipotle powder**
- Chives
- Cilantro
- Cinnamon
- Clove
- Coriander
- Cumin
- Curry
- Dill
- Fennel*
- Fenugreek
- Galangal
- Garlic
- Ginger
- Horseradish*
- Juniper berry
- Kaffir lime leaves
- Lavender
- Lemongrass
- Lemon verbena
- Licorice
- Mace
- Marjoram
- Mint
- Mustard
- Oregano
- **Paprika**
- Parsley
- Pepper, black
- Peppermint
- Rosemary
- Saffron
- Spearmint
- Star anise
- Tarragon
- Thyme
- Turmeric
- Vanilla
- *Wasabi**
- Za'atar

from the book **PRACTICAL PALEO**
 guide to: stocking a paleo pantry

Fresh is best. Shopping the perimeter of the grocery store is ideal for the bulk of your foods, but you will want to add spices and some pantry items to your arsenal to cook up some tasty dishes and have some stand-by foods on-hand. Some of these foods are sold in cold sections of the store and need to be kept cold despite being packaged items.

herbs & spices

SOME HERBS CAN BE FOUND IN BOTH FRESH AND DRIED FORMS. INCLUDING BUT NOT LIMITED TO

- | | | | |
|-----------------------|----------------------|----------------------------|---------------------|
| · Anise | · Clove | · Lemon verbena | · Pumpkin pie spice |
| · Annatto | · Coriander | · Licorice | · Rosemary |
| · Basil | · Cumin | · Mace | · Saffron |
| · Bay leaf | · Curry | · Marjoram | · Sage |
| · Caraway | · Dill | · Mint | · Sea salt |
| · Cardamom | · Fennel | · <i>Mustard</i> | · Spearmint |
| · Cayenne | · Fenugreek | · Nutmeg | · Star anise |
| · Celery seed | · Galangal | · Onion powder* | · Tarragon |
| · Chervil | · Garlic | · Oregano | · Thyme |
| · Chicory* | · Ginger | · Paprika | · Turmeric |
| · Chili powder | · <i>Horseradish</i> | · Parsley | · Vanilla |
| · Chipotle | · Juniper berry | · Pepper, black | · <i>Wasabi</i> |
| · Chives | · Kaffir lime leaves | · Peppercorns, whole black | · Za'atar |
| · Cilantro | · Lavender | · Peppermint | |
| · Cinnamon | · Lemongrass | | |

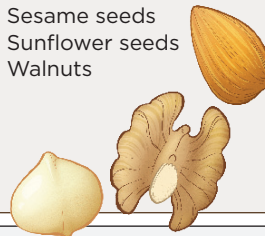
canned & jarred

INCLUDING BUT NOT LIMITED TO

- | | | | |
|----------------------------|------------------|-----------------------------|-----------------------|
| · Anchovy paste | · Fish roe | · Salmon - wild | · Tomato paste |
| · Applesauce* | · Herring - wild | · Sardines - wild | · Tomato sauce |
| · Capers | · Olives | · Sun-dried tomatoes | · Tuna - wild |
| · Coconut milk* | · Oysters | · <i>Sweet potato</i> | |
| · Coconut water/ Juice* | · Pickles | · Tahini | |
| | · Pumpkin | | |

nuts, seeds & dried fruit

- | | | | |
|------------------------------------|---------------------------------|---------------------|-------------------|
| · Almonds | · Coconut*: shredded, flakes | · Dried currants | · Pine nuts |
| · Almond butter | · Dates | · Dried figs* | · Pistachios* |
| · Almond flour | · Dried apples* | · Dried mango* | · Pumpkin seeds |
| · Banana chips (check ingredients) | · Dried apricots* | · Dried pineapple | · Sesame seeds |
| · Brazil nuts | · Dried blueberries | · Dried raspberries | · Sunflower seeds |
| · Chestnuts | · Dried cranberries | · Hazelnuts | · Walnuts |
| · Coconut butter* | | · Macadamia nuts | |
| | | · Pecans | |



add your own!

MAYBE YOU HAVE FAVORITE ITEMS NOT LISTED ABOVE THAT YOU KNOW ARE PALEO-FRIENDLY; WRITE THEM IN TO USE THIS AS A SHOPPING LIST

fats & oils

SEE THE FATS & OILS GUIDE FOR DETAILS

- Avocado oil: CP
- Bacon fat
- Ghee
- Coconut oil
- Macadamia oil: CP
- Extra-virgin olive oil
- Palm oil
- Palm shortening
- Sesame oil: CP
- Walnut oil: CP

sauces

- Coconut aminos* (soy-replacement)
- Fish sauce (Red Boat brand)
- **Hot sauce (gluten-free)**
- *Mustard (gluten-free)*
- Vinegars: apple cider*, red wine, distilled, rice and balsamic (avoid malt vinegar)

beverages

- Green tea
- Herbal tea
- Mineral water
- White tea
- Organic coffee

treats & sweets

FOR OCCASIONAL USE

- Carob powder
- Cocoa powder
- Honey
- Maple syrup
- Molasses
- Dark chocolate

NOTES

CP = cold-pressed
bold = nightshades
italics = goitrogenic
 * = FODMAPs (p.115)

Buy as many of your pantry items as possible in organic form.

from the book **PRACTICAL PALEO**
guide to: food quality

Seek out as much real, whole food as possible. This includes foods without health claims on the packages or, better yet, not in packages at all. Think produce and butcher counter meats and seafood. After you've mastered making proper food choices, it's important to begin looking at the quality of the items. While buying the best quality is ideal in a perfect world, don't let those "best" labels keep you from doing the best you can within your means.

meat, eggs & dairy

beef & lamb

Best! 100% grass-fed and finished, pasture-raised, local

Better: grass-fed, pasture-raised

Good: organic

Baseline: commercial (hormone/antibiotic-free)

pork

Best! pasture-raised, local

Better: free-range, organic

Good: organic

Baseline: commercial

eggs & poultry

Best! pasture-raised, local

Better: free range, organic

Good: cage-free, organic

Baseline: commercial

dairy

ALWAYS BUY FULL-FAT

Best! grass-fed, raw/unpasteurized

Better: raw/unpasteurized

Good: grass-fed

Baseline: commercial or organic —not recommended



seafood

Best! wild fish

Better: wild-caught

Good: humanely harvested, non-grain-fed

Baseline: farm-raised—*not recommended*

WILD FISH/ WILD-CAUGHT FISH

"Wild fish" indicates that the fish was spawned, lived in, and was caught in the wild. "Wild-caught fish" may have been spawned or lived some part of their lives in a fish farm before being returned to the wild and eventually caught. The Monterey Bay Aquarium maintains a free list of the most sustainable seafood choices on their website.

WHAT THE LABELS ON MEAT, EGGS & DAIRY MEAN

pasture-raised

Animals can roam freely in their natural environment where they are able to eat nutritious grasses and other plants or bugs/grubs that are part of their natural diet. There is no specific pasture-raised certification, though certified organic meat must come from animals that have continuous access to pasture regardless of use.

cage-free

"Cage-Free" means uncaged inside barns or warehouses, but they generally do not have access to the outdoors. Beak cutting is permitted. There is no third party auditing.

organic

Animals may not receive hormones/antibiotics unless in the case of illness. They consume organic feed and have outdoor access but may not use it. Animals are not necessarily grass-fed. Certification is costly and some reputable farms are forced to forego it. Compliance is verified through third party auditing.

natural

"Natural" means "minimally processed," and companies use this word deceptively. All cuts are, by definition, minimally processed and free of flavorings and chemicals.

free-range/roaming

Poultry must have access to the outdoors at least 51% of the time, and ruminants may not be in feedlots. There are no restrictions regarding what the birds can be fed. Beak cutting and forced molting through starvation are permitted. There is no third party auditing.

naturally raised

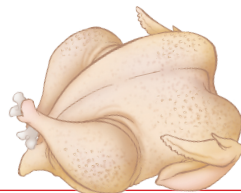
"Naturally Raised," is a USDA verified term. It generally means raised without growth-promoters or unnecessary antibiotics. It does not indicate welfare or diet.

no added hormones

It is illegal to use hormones in raising poultry or pork; therefore, the use of this phrase on poultry or pork is a marketing ploy.

vegetarian-fed

"Vegetarian Fed" implies that the animal feed is free of animal by-products but isn't federally inspected. Chickens are not vegetarians, so this label on chicken or eggs only serves to indicate that the chickens were not eating their natural diet.



produce

Best! local, organic, and seasonal

Better: local and organic

Good: organic or local

Baseline: conventional

WHEN TO BUY ORGANIC:

Buy organic as often as possible, prioritize buying the Environmental Working Group's "The Dirty Dozen" as organic versus "The Clean Thirteen" - visit: www.ewg.org for details

PRODUCE SKUs:

Starts with 9 = organic - ideal

Starts with 3 or 4 = conventionally grown

Starts with 8 = genetically modified (GMO) or irradiated - avoid

fats & oils

SEE THE FATS & OILS GUIDE FOR DETAILS.

Best! organic, cold-pressed, and from well-raised animal sources

Better: organic, cold-pressed

Good: organic or conventional

nuts & seeds

KEEP NUTS & SEEDS COLD FOR FRESHNESS

Best! local, organic, kept cold

Better: local, organic

Good: organic

Baseline: conventional

from the book **PRACTICAL PALEO**
guide to: fats & oils

Cleaning up your diet by using the right fats and oils is essential to improving your health from the inside out. Changing the fats and oils you use at home is the first step toward creating dishes from nutrient-dense, whole foods based on what you have on hand. Avoid overly processed and refined forms of fats and oils. Opt for organic whenever possible. Refer to the "Guide to Cooking Fats" for more details.

eat these: HEALTHY, NATURALLY OCCURRING, MINIMALLY PROCESSED FATS

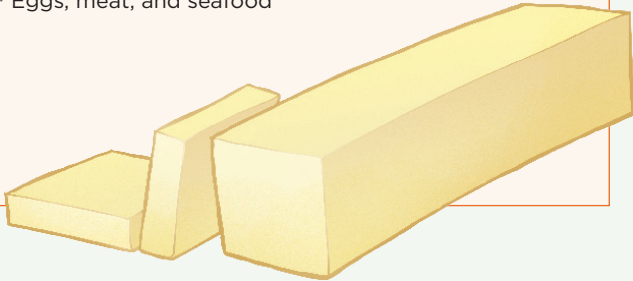
saturated: FOR HOT USES

BUY ORGANIC, UNREFINED FORMS

- Coconut oil
- Palm oil

IDEALLY FROM PASTURE-RAISED, GRASS-FED, ORGANIC SOURCES

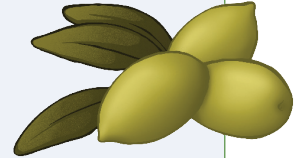
- Butter
- Ghee, clarified butter
- Lard, bacon grease (pork fat)
- Tallow (beef fat)
- Duck fat
- Schmaltz (chicken fat)
- Lamb fat
- Full-fat dairy
- Eggs, meat, and seafood



unsaturated: FOR COLD USES

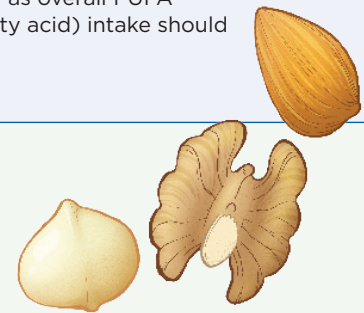
BUY ORGANIC, EXTRA-VIRGIN, AND COLD-PRESSED FORMS

- Olive oil
- Sesame oil
- Macadamia nut oil
- Walnut oil
- Avocado oil
- Nuts & seeds (including nut & seed butters)
- Flaxseed oil**



NOTE: Unsaturated fats (typically liquid at 68 degrees room temperature) are easily damaged/oxidized when heat is applied to them. Do not consume damaged fats.

Cold-pressed flaxseed oil is okay for occasional use but supplementing with it or doses of 1-2 tablespoons per day is **not recommended as overall PUFA (polyunsaturated fatty acid) intake should remain minimal.



ditch these: UNHEALTHY, MAN-MADE FATS & REFINED SEED OILS ARE NOT RECOMMENDED

Hydrogenated or partially hydrogenated oils, as well as manmade trans-fats or "buttery spreads" like Earth Balance, Benecol, and I Can't Believe It's Not Butter are not healthy. These oils are highly processed and oxidize easily via one or more of the following: light, air, or heat.

- Margarine/buttery spreads
- Canola oil (also known as rapeseed oil)
- Corn oil
- Vegetable oil
- Soybean oil
- Grapeseed oil
- Sunflower oil
- Safflower oil
- Rice bran oil
- Shortening made from one or more of the above-listed "ditch" oils

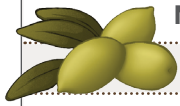


from the book **PRACTICAL PALEO**
guide to: cooking fats

Choose fats and oils based on: 1. How they're made—choose naturally occurring, minimally processed options first; 2. Their fatty acid composition—the more saturated they are, the more stable/less likely to be damaged or oxidized; 3. Smoke point—this tells you how hot is too hot before you will damage the fats, though it should be considered a secondary factor to fatty acid profile.

culinary whizzes, listen up: **COOK WITH GOOD FATS!**

| ITEM NAME | % SFA | % MUFA | % PUFA | SMOKE POINT UNREFINED/REFINED |
|---|-------|--------|--------|----------------------------------|
| best bets - recommended for high-heat cooking THE MOST STABLE FATS | | | | |
| Coconut oil | 86 | 6 | 2 | 350/450 |
| Butter/ghee | 63 | 26 | .03 | 300/480 |
| Cocoa butter | 60 | 35 | 5 | 370 |
| Tallow/suet (beef fat) | 55 | 34 | .03 | 400 |
| Palm oil | 54 | 42 | .10 | 455 |
| Lard/bacon fat (pork fat) | 39 | 45 | 11 | 375 |
| Duck fat | 37 | 50 | 13 | 375 |
| okay - for very low-heat cooking MODERATELY STABLE FATS | | | | |
| Avocado oil* | 20 | 70 | 10 | 520 |
| Macadamia nut oil* | 16 | 80 | 4 | 410 |
| Olive oil* | 14 | 73 | 11 | 375 |
| Peanut oil** | 17 | 46 | 32 | 320/450 |
| Rice Bran Oil** | 25 | 38 | 37 | 415 |
| not recommended for cooking VERY UNSTABLE FATS | | | | |
| Safflower oil** | 8 | 76 | 13 | 225/510 |
| Sesame seed oil* | 14 | 40 | 46 | 450 |
| Canola oil** | 8 | 64 | 28 | 400 |
| Sunflower oil** | 10 | 45 | 40 | 225/440 |
| Vegetable shortening** | 34 | 11 | 52 | 330 |
| Corn oil | 15 | 30 | 55 | 445 |
| Soybean oil | 16 | 23 | 58 | 495 |
| Walnut oil* | 14 | 19 | 67 | 400 |
| Grapeseed oil | 12 | 17 | 71 | 420 |



SFA - saturated fatty acid

MUFA - monounsaturated fatty acid

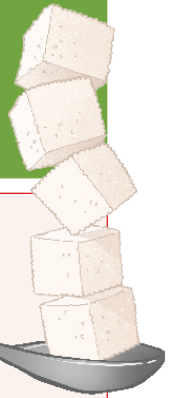
PUFA - polyunsaturated fatty acid

* While not recommended for cooking, cold-pressed nut and seed oils that are stored in the refrigerator may be used to finish recipes or after cooking is completed—for flavor purposes.

** While the fatty acid profile of these oils may seem appropriate at first glance, the processing method by which they are made negates their healthfulness—they are not recommended for consumption, neither hot nor cold.

from the book **PRACTICAL PALEO**
guide to: sweeteners

How many of these sweeteners do you use or find in your favorite packaged foods? Perhaps it's time for a change! Artificial sweeteners are never recommended, while the limited use of selected, more naturally derived options can be okay for treats and special occasions. Sweeteners should not be considered "food" or nourishment.



natural USE SPARINGLY

PREFERRED CHOICES ARE IN BOLD. USE ORGANIC FORMS WHENEVER POSSIBLE

- Brown sugar
- **Dates (whole)**
- Date sugar
- Date syrup
- Cane sugar
- Raw sugar
- Turbinado
- Cane juice
- Cane juice crystals
- Coconut nectar
- Coconut sugar/crystals
- **Fruit juice (real, fresh)**
- **Fruit juice concentrate**
- **Honey (raw)**
- **Maple syrup (grade b)**
- **Molasses**
- Palm sugar
- **Stevia (green leaf or extract)**

natural BUT NOT RECOMMENDED

- Agave
- Agave nectar
- Barley malt
- Beet sugar
- Brown rice syrup
- Buttered syrup
- Caramel
- Carob syrup
- Corn syrup
- Corn syrup solids
- Demerara sugar
- Dextran
- Dextrose
- Diastatic malt
- Diastase
- Ethyl maltol
- Fructose
- Glucose / glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- High fructose corn syrup
- Invert sugar
- Lactose
- Levulose
- Light brown sugar
- Maltitol
- Malt syrup
- Maltodextrin
- Maltose
- Mannitol
- Muscovado
- Refiner's syrup
- Sorbitol
- Sorghum syrup
- Sucrose
- Treacle
- Yellow sugar
- Xylitol (or other sugar alcohols, typically they end in "-ose")

artificial NEVER CONSUME

- Acesulfame K (Sweet One)
- Aspartame (Equal, Nutra-Sweet)
- Saccharin (Sweet'N Low)
- Stevia: white/bleached (Truvia, Sun Crystals)
- Sucralose (Splenda)
- Tagatose



sugar is sugar BUT NOT REALLY

IT DOES MAKE A DIFFERENCE WHICH SWEETENERS YOU SELECT, CONTRARY TO POPULAR BELIEF AND THE MAINSTREAM MEDIA. WHILE ALL CALORIC SWEETENERS HAVE THE SAME NUMBER OF CALORIES (16 PER TEASPOON), EVALUATING THEIR PLACE IN YOUR DIET MAY BE DONE BY CONSIDERING A FEW FACTORS.

HOW IT'S MADE

The more highly refined a sweetener is, the worse it is for your body. For example, high fructose corn syrup (HFCS) and artificial sweeteners are all very modern, factory-made products. Honey, maple syrup, green leaf stevia (dried leaves made into powder), and molasses are all much less processed and have been made for hundreds of years. In the case of honey, almost no processing is necessary. As a result, I vote for raw, organic, local honey as the ideal natural sweetener.

WHERE IT'S USED

This is a reality check. When you read the ingredients in packaged, processed foods, it becomes obvious how most of them use highly-refined, low-quality sweeteners. Food manufacturers often even hide sugar in foods that you didn't think were sweets! Many foods that have been made low or non-fat have added sweeteners or artificial sweeteners—avoid these products!

HOW YOUR BODY PROCESSES IT

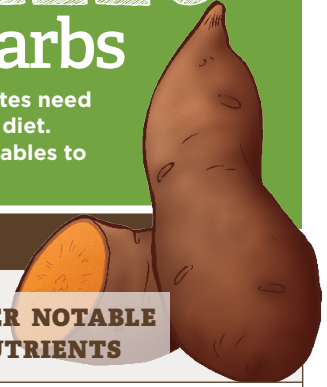
Here's where the HFCS commercials really get things wrong: your body actually does not metabolize all sugar the same way.

Interestingly enough, sweeteners like HFCS and agave nectar were viewed as better options for diabetics for quite some time since the high fructose content of both requires processing by the liver before the sugar hits your blood stream. This yielded a seemingly favorable result on blood sugar levels after consuming said sweeteners. However, it's now understood that isolated fructose metabolism is a complicated issue and that taxing the liver excessively with such sweeteners can be quite harmful to our health.

Fructose is the primary sugar in all fruit. When eating whole fruit, the micronutrients and fiber content of the fruit actually support proper metabolism and assimilation of the fruit sugar. Whole foods for the win!

from the book **PRACTICAL PALEO**
 guide to: dense sources of paleo carbs

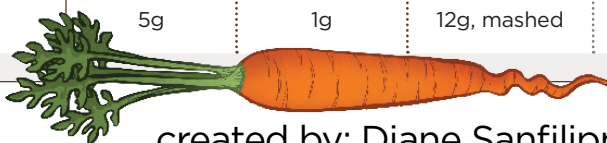
Removing grains, legumes, and refined foods from your diet doesn't mean that carbohydrates need to all disappear! Check out this list of dense sources of carbohydrates while eating a Paleo diet. While fruits and nuts are all fairly high in carbohydrates, this list is a guide to starchy vegetables to eat. Remember, these are some of your "good carbs!"



there are carbs beyond bread EAT UP

| ITEM NAME | CARBS PER 100G | FIBER PER 100G | CARBS PER 1 CUP | OTHER NOTABLE NUTRIENTS |
|------------------|----------------|----------------|-----------------|--|
| Cassava (raw) | 38g | 2g | 78g | Vit C, Thiamin, Folate, Potassium, Manganese |
| Taro root | 35g | 5g | 46g, sliced | B6, Vitamin E, Potassium, Manganese |
| Plantain | 31g | 2g | 62g, mashed | Vitamin A (beta carotene), Vitamin C, B6, Magnesium, Potassium |
| Yam | 27g | 4g | 37g, cubed | Vit C, Vitamin B6, Manganese, Potassium |
| White potato | 22g | 1g | 27g, peeled | Trace Vitamin C |
| Sweet potato | 21g | 3g | 58g, mashed | Vit A (beta carotene), Vit C, B6, Potassium, Manganese, Magnesium, Iron, Vitamin E |
| Parsnips | 17g | 4g | 27g, sliced | Vitamin C, Manganese |
| Lotus root | 16g | 3g | 19g, sliced | Vitamin C, B6, Potassium, Copper, Manganese |
| Winter squash | 15g | 4g | 30g, cubed | Vitamin C, Thiamin, B6 |
| Onion | 10g | 1g | 21g, chopped | Vitamin C, Potassium |
| Beets | 10g | 2g | 17g, sliced | Folate, Manganese |
| Carrots | 10g | 3g | 13g, chopped | Vitamin A (beta carotene), Vitamin K1 |
| Butternut squash | 10g | - | 22g | Vitamin A (beta carotene), Vitamin C |
| Rutabaga | 9g | 2g | 21g, mashed | Vitamin C, Potassium, Manganese, |
| Jicama (raw) | 9g | 5g | 12g, sliced | Vitamin C |
| Kohlrabi | 7g | 1g | 11g, sliced | Vit C, B6, Potassium, Copper, Manganese |
| Spaghetti squash | 6g | 1g | 9g | Trace |
| Turnips | 5g | 2g | 12g, mashed | Vitamin C, Potassium, Calcium, B6, Folate, Manganese |
| Pumpkin | 5g | 1g | 12g, mashed | Vitamin C, Vitamin E, Potassium |

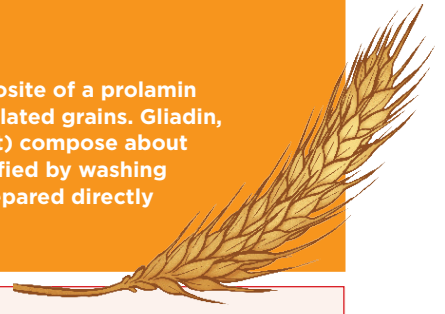
source: nutritiondata.com



created by: Diane Sanfilippo • www.balancedbites.com

from the book **PRACTICAL PALEO**
guide to: gluten

What is it? Gluten is a protein found in wheat, rye, oats, and barley. Gluten is the composite of a prolamin and a glutelin, which exist, conjoined with starch, in the endosperm of various grass-related grains. Gliadin, a water-soluble, and glutenin, a water-insoluble, (the prolamin and glutelin from wheat) compose about 80% of the protein contained in wheat seed. Being insoluble in water, they can be purified by washing away the associated starch. Worldwide, gluten is a source of protein, both in foods prepared directly from sources containing it, and as an additive to foods otherwise low in protein.



sources of gluten OR ITEMS THAT MAY CONTAIN HIDDEN GLUTEN

- Ales
- Barley
- Barley malt/extract
- Beer & lagers
- Bran
- Breading
- Broth
- Brown rice syrup
- Bulgur
- Candy coating
- Communion "wafers"
- Couscous
- Croutons
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Gloss & balms
- Graham flour
- Herbal blends
- Imitation
- Imitation seafood
- Kamut
- Lipstick
- Luncheon meats
- Malt
- Makeup
- Marinades
- Matzo flour/meal
- Meat/sausages
- Medications
- Orzo
- Panko
- Pasta
- Play dough
- Roux
- Rye
- Sauces
- Seitan
- Self-basting poultry
- Semolina
- Soup base
- Soy sauce
- Spelt
- Spice blends
- Stuffing
- Supplements
- Thickeners
- Triticale
- Udon
- Vinegar (malt only)
- Vital wheat gluten
- Vitamins
- Wafers
- Wheat
- Wheat bran
- Wheat germ
- Wheat starch

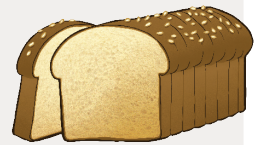
gluten-free* (BUT STILL NOT RECOMMENDED)

*Nearly all processed foods and grains carry some risk of cross-contamination. For the safest approach to a gluten-free diet, eat only whole, unprocessed foods.

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Flax
- Millet
- Montina™
- Nut flour
- Bean flour
- Potato flour
- Potato starch
- Quinoa
- Rice
- Rice bran
- Sage
- Seed flour
- Sorghum
- Soy (soya)
- Tapioca
- Teff

signs of gluten EXPOSURE

- Abdominal bloating
- Fatigue
- Skin problems or rashes
- Diarrhea or constipation
- Irritable, moody
- Change in energy levels
- Unexpected weight loss, mouth ulcers, depression, and even Crohn's disease are all more severe gluten allergy symptoms that you may experience.



· Consult with your nutritionist or physician if you experience symptoms of a gluten exposure that result in prolonged discomfort.

most common sources of HIDDEN GLUTEN

Alcohol:

Beer, malt beverages, grain alcohols

Cosmetics:

Check ingredients on makeup, shampoo, and other personal care items

Dressings:

Thickened with flour or other additives

Fried foods:

Cross contamination with breaded items in fryers

Vinegar: Malt varieties

Medications, vitamins, and supplements:

ask the pharmacist and read the labels closely

Processed / packaged foods:

Additives often contain gluten

Sauces, soups, and stews:

Thickened with flour

Soy, Teriyaki, and Hoisin sauces:

Fermented with wheat



gluten-free BOOZE**

- Brandy
- Bourbon
- Cognac
- Gin
- Grappa
- Rum
- Sake
- Scotch
- Sherry
- Tequila
- Vermouth
- Vodka
- Whiskey
- Wine
- Champagne
- Mead
- Hard cider
- Gluten-free beers

i am allergic TO GLUTEN

I have a severe allergy and have to follow a STRICT gluten-free diet.

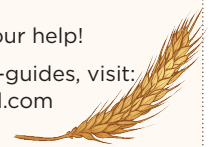
I may become very ill if I eat food containing flours or grains of wheat, rye, barley, or oats.

Does this food contain flour or grains of wheat, barley rye, or oats? If you or the chef/kitchen staff are uncertain about what the food contains, please tell me.

I CAN eat food containing rice, maize, potatoes, vegetables, fruit, eggs, cheese, milk, meat, and fish as long as they are NOT cooked with wheat flour, batter, breadcrumbs, or sauce containing any of those ingredients.

Thank you for your help!

For more gluten-guides, visit: www.celiactravel.com



for more information ON GLUTEN

These sites are not necessarily "Paleo" but will give ample information for those who need to be 100% strictly gluten-free

- celiac.com
- celiac.org
- celiaccentral.org
- celiaclife.com
- celiactravel.com
- celiacsolution.com
- elanaspantry.com
- glutenfreegirl.com
- surefoodsliving.com

***According to celiac.com, all distilled alcohols are gluten-free but for someone with overt Celiac Disease, avoiding alcohols made from wheat, barley, and rye is still recommended.

* Cut me out and take me with you

WEEK 1

Veggies

- 1 large zucchini
- 10-12 large carrots (2 for sauerkraut)
- 6 pounds sweet potato
- Winter squash
- 3 onions
- 2 bell peppers
- 2 baking potatoes
- 3 green salads (per person)
- 2 avocados
- Tomato
- 1 jalapeño pepper
- 2 spinach (served as sides)
- 2 cauliflower heads
- Cabbage (for sauerkraut)
- 3 cucumbers
- 2 green onions (scallions)
- 1 red onion
- 1 head of broccoli
- Handful of string beans
- 1 head of romaine lettuce
- 1 pint cherry tomatoes
- 2-3 pounds new potatoes
- 1 bunch of asparagus
- 2 bunches of kale
- 2 cups basil or cilantro

Meats

- 3 dozen eggs
- ½ pound bacon
- 12 bone-in, skin-on chicken thighs
- 2 pounds flank steak
- 2 cans salmon
- 1 ½ pounds ground bison
- 1 pound ground lamb
- 1 pounds white fish (sole)
- Smoked salmon (lox) (2 ounces per roll)
- 2 pounds skirt steak
- 1 pound ground meat of choice
- 2 pounds lamb stew meat
- Whole chicken

Fruits

- 1 lime
- 6 lemons
- Raisins/currants
- 2 bananas
- 1 serving berries (per person)
- 1 orange
- Plantains

Pantry

- Nutritional yeast
- Nori sheets
- Macadamia nuts
- Almond butter
- Water chestnuts
- Sesame seeds
- Canned pumpkin
- Olives

WEEK 2

Veggies

- Parsnips (served as sides)
- 13 large carrots (2 for sauerkraut)
- 4 small russet potatoes
- 3 bunches romaine hearts
- 2 heads butter or bibb lettuce
- 1 bell pepper
- 1 cucumber
- 1 red cabbage
- 2 sweet potatoes (per person)
- Cabbage (for sauerkraut)
- 1 large zucchini
- 1 large onion
- 8 portabella mushroom "buns"
- Lettuce and tomato for burgers
- 1 head of broccoli
- 1 small yellow onion
- 1 pound frozen spinach
- 1 14 ounce can artichoke hearts
- 12 ounces baby spinach
- 3 baking potatoes (per person)
- 3 avocados
- 3 scallions
- 2 cauliflower head
- 2 cups kale
- 2 large Yukon gold potatoes
- 3 green salads (per person)
- Pepperoncini
- 1 pint cherry tomato
- 1 pound asparagus
- 2-3 large daikon radishes (app. 3 pounds)

Meats

- 3 dozen eggs
- 2 boneless, skinless chicken breast halves
- ½ pound bacon
- 1 pound ground turkey
- 1 ½ pounds ground meat
- 1 pound boneless, skinless chicken breast
- 4 ounces prosciutto
- 2 pounds boneless pork tenderloin
- 1 pound ground pork
- 2-3 pounds bone in short ribs
- 2 ounces pancetta
- 3 pounds bone-in, skin-on chicken thighs
- 1 pound salmon
- 1 pound boneless, skinless chicken thighs
- 1 pound tuna steaks

Fruits

- Raisins
- 5 servings berries (per person)
- 2 apples (per person)
- Lime
- 3 bananas (per person)
- Pineapple
- 8 dates
- 5 lemons

Pantry

- Capers
- 15 ounce can tomato sauce

WEEK 3

Fruits

- 3 apples (per person)
- Frozen peaches
- Frozen blueberries
- ½ cup blueberries
- 2 servings berries (per person)
- Banana
- 16 ounces cranberries
- 2 orange
- 10 lemons
- Currants
- Mango

Veggies

- 3 bunches of spinach (sides)
- 2 bunches of spinach or kale (sides)
- 7 avocados
- 2 bell peppers
- 2 green salads (per person)
- 2 baking potatoes (per person)
- 2 onions
- 8 ounces diced tomatoes, canned or fresh
- Fresh basil
- 2 sweet potatoes
- Cabbage (sauerkraut)
- Spaghetti squash
- 4 carrots (2 for sauerkraut)
- 1 bunch celery
- 2 bunches kale
- 3 heads of cauliflower
- 2 pounds red or gold potatoes
- 2 heads butter lettuce
- 2 large romanesco
- 8 large gold or russet potatoes
- 2 yellow onions
- 2 small red onions
- Grape tomatoes
- Cherry tomatoes
- 3 cucumbers
- 4 cups arugula
- 4 cups romaine
- Fresh dill

Meats

- 3 dozen eggs
- 2 pounds ground meat
- 3 ½ pounds ground pork
- 32 slices bacon
- 1 pound boneless, skinless chicken thighs
- ½ pound ground veal or beef
- 2 pounds sea scallops
- 2 pounds chicken legs
- 2 pounds salmon fillet
- 2 pounds boneless, skinless chicken breast

Pantry

- Olives
- Almond butter
- 3 ounces canned tomato paste
- Collagen Peptides
- Chestnuts

WEEK 4 + 2 DAYS

Veggies

- 3 red onions
- 3 yellow onions
- 2 onions
- 4 red bell peppers
- 4 heads of cauliflower
- 3 scallions
- 5 pounds sweet potatoes
- 2 butternut squash
- Fresh sage
- 2 heads of butter lettuce
- 1 pint cherry tomatoes
- Cilantro
- 2 avocados
- 5 shallots
- Tomatoes
- 3 cucumbers
- 8 cups romaine
- Celery bunch
- 4 carrots (2 for sauerkraut)
- 3 green salads (per person)
- Bunch of spinach (as a side)
- Cabbage (for sauerkraut)
- Bok choy (as a side)
- Acorn squash
- Fresh sage
- 4 small russet potatoes
- 8 cups arugula or other dark leafy mix
- 3 cups artichoke hearts
- 1 cup sundried tomatoes
- 12 baby portabella mushrooms
- 6 cups spinach
- 1 head broccoli
- Red cabbage
- Fresh basil
- Fresh cilantro
- Fresh mint
- Fresh dill

Meats

- ½ pound bacon
- 2 sausage links or ¼ pounds ground pork
- 3 dozen eggs
- 2 large beef shanks (2 pounds)
- 2 pounds skirt steak
- 2 ½ pounds ground beef
- 4 ½ pounds ground pork
- ½ pound chicken livers
- 2 6 ounce cans salmon
- 1 pound sea scallops
- 2 boneless, skinless chicken breast
- 1 pound Italian sausage or ground pork
- 1 pound ground chicken or turkey
- 2 pounds bone-in, skin-on chicken
- 3 pounds ground meat

Fruits

- 3 apples (per person)
- 1 apple
- 3 green apples
- 4 oranges
- 6 servings berries (per person)
- 1 banana (per person)
- 4 bananas
- 5 limes
- Pineapple
- 4 lemons
- Fresh cranberries
- 2 green plantains
- 1 pint blueberries
- Currants

WEEK 1

Veggies

- 1 large zucchini
- 10-12 large carrots (2 for sauerkraut)
- 2 sweet potatoes (per person)
- 2 cups sweet potatoes
- 2 pounds sweet potatoes
- 2 sweet potatoes
- 4 green salads (per person)
- 4 onions
- 2 bell peppers
- Cilantro
- 2 baking potato (per person)
- 3 avocados
- Tomato
- 1 jalapeño pepper
- 2 spinach (as a side)
- 2 heads of cauliflower
- 20 grape leaves (16 ounce jar)
- 2 cups basil or cilantro
- Cabbage (for sauerkraut)
- 3 cucumbers
- Red onion
- 1 head broccoli
- Handful of string beans
- Green onion/scallions
- Winter squash of choice
- Head of romaine lettuce
- 1 pint cherry tomatoes
- Fresh dill
- 2-3 pounds new potatoes
- 1 bunch asparagus
- 2 bunches kale

Meats

- 3 dozen eggs
- 12 bone-in, skin-on chicken thighs
- 2 servings bacon (per person)
- 4 slices bacon
- 2 pounds flank steak
- 2 6-ounce cans salmon
- 1 ½ pounds ground bison
- 1 pound ground lamb
- 1 pound sole or white fish
- Smoked salmon (lox) (2 ounces per roll)
- 2 pounds skirt steak
- 1 pound ground meat
- 2 pounds lamb stew meat
- Whole chicken

Fruits

- 6 lemons
- 2 bananas (per person)
- Raisins or currants
- 1 lime
- 1 berries (serving per person)
- 2 oranges
- Plantains

Pantry

- Olives
- ¼ cup macadamia nuts
- Almond butter
- Water chestnuts
- Sesame seeds
- Canned pumpkin
- Nori sheets

WEEK 2

Veggies

- 15 large carrots (2 for sauerkraut)
- 4 small russet potatoes
- 3 bunches romaine hearts
- 2 heads of butter or bibb lettuce
- Bell pepper
- Cucumber
- Red cabbage
- Parsnips (as a side)
- 2 sweet potatoes (per person)
- 3 baking potatoes (per person)
- Cabbage (for sauerkraut)
- 1 large zucchini
- 1 large onion
- 8 portabella buns
- Lettuce and tomato (for burgers)
- Broccoli (as a side)
- 12 ounces baby spinach
- 1 small onion
- 1 pound frozen spinach
- 1 14-ounce can artichoke hearts
- 2 cups basil or cilantro
- 4 avocados
- 3 bunches green onions (scallions)
- 2 head of cauliflower
- 2 cups kale
- 2 large Yukon gold potatoes
- 3 green salads (per person)
- Pepperoncini
- 1 pound asparagus
- 1 pint cherry tomatoes
- 2-3 large daikon radishes (app. 3 pounds)

Meat

- 26 eggs
- 2 boneless skinless chicken breast halves
- 4 slices bacon
- 2 serving bacon (per person)
- 1 pound ground turkey
- 1 ½ pounds ground meat
- 1 pound boneless skinless chicken breast
- 4 ounces prosciutto
- 2 pounds boneless pork tenderloin
- 1 pound ground pork
- 2 ounces pancetta
- 3 pounds bone-in, skin-on chicken thighs
- 2-3 pounds bone-in short ribs
- 1 pound salmon
- 1 pound boneless skinless thighs
- 1 pound tuna steaks

Fruit

- Raisins
- 5 serving berries (per person)
- 2 apples (per person)
- Lime
- 2 bananas (per person)
- 2 bananas
- Pineapple
- 4 lemons
- 8 dates

Pantry

- Capers
- Almond butter
- 1 15-ounce can tomato sauce

WEEK 3

Veggies

- 8 avocados
- 3 spinach (as a side)
- 2 spinach or kale (as a side)
- 2 green salads (per person)
- 1 baking potatoes (per person)
- 2 bell peppers
- Diced tomatoes, fresh or canned
- Fresh basil
- 2 large sweet potatoes
- Cabbage (for sauerkraut)
- 5 large carrots (2 for sauerkraut)
- Spaghetti squash
- 3 onions
- 2 yellow onions
- 2 Small red onions
- 1 celery
- 2 bunches kale

- 3 head cauliflower
- 2 pounds red or gold potatoes
- 2 heads of butter lettuce
- 2 large romanesco
- 2 large gold or russet potatoes
- 8 Yukon gold potatoes
- 4 cups arugula
- 1 pint grape tomatoes
- 1 pint cherry tomatoes
- 3 cucumbers
- Fresh dill
- 4 cups romaine

Meat

- 16 eggs
- 3 servings eggs (per person)
- 2 pounds ground meat
- 3 ½ pounds ground pork
- 4 skinless chicken thighs
- 32 slices bacon
- ½ pounds ground veal or beef
- 2 pounds sea scallops
- 2 pounds bone in skin on chicken legs
- 2 pounds salmon fillet
- 2 pounds boneless skinless chicken breast

Fruit

- 3 apples (per person)
- Frozen peaches
- Frozen blueberries
- ½ cup blueberries
- 2 servings berries (per person)
- 16 ounces cranberries
- 2 oranges
- 10 lemons
- Currants
- Mango

Pantry

- Almond butter
- Olives
- Collagen peptides
- 3 ounces tomato paste
- Dry white wine
- Canned pumpkin
- Chestnuts
- 16 ounces green olives
- Kalamata olives

WEEK 4 + 2 DAYS

Veggies

- 4 heads cauliflower
- 1 head broccoli
- 4 carrots (2 for sauerkraut)
- 5 red bell peppers

3 scallions/green onions
2 large sweet potatoes
2 cups sweet potatoes
2 pounds sweet potatoes
2 butternut squash
Fresh sage
2 head of butter lettuce
1 pint cherry tomatoes
Cilantro
6 avocados
4 shallots
3 cups tomatoes
2 cucumbers
8 cups romaine
3 green salads (per person)
1 small onion
2 large onions
3 yellow onions
3 red onions
1 celery
1 spinach or kale (as a side)
Cabbage (for sauerkraut)
Red cabbage
Acorn squash
Bok choy (as a side)
4 small russet potatoes
8 cups arugula or dark leaf mix
3 cups artichoke heart
1 cup sundried tomatoes
12 baby portabella mushrooms
Fresh basil
Fresh cilantro
Fresh mint
Fresh dill
6 cups baby spinach

Meat

12 slices of bacon
3 servings bacon (per person)
2 sausage links
30 eggs
1 serving eggs (per person)
2 large beef shanks (2 pounds)
2 pounds skirt steak
2 ½ pounds ground beef
4 ½ pounds ground pork
½ pound chicken livers
2 6-ounce cans salmon
1 pound wild scallops
2 boneless skinless chicken breast
1 pound Italian sausage or ground pork
1 pound ground turkey or chicken
2 pounds bone-in, skin-on chicken
3 pounds ground meat

Fruit

4 apples (per person)
3 green apples
1 apple
5 servings berries (per person)
4 oranges
1 banana (per person)
2 bananas
7 limes
Pineapple
Cranberries
5 lemons
2 green plantains
½ cup blueberries
Currants

Pantry

Almond butter
Unsweetened shredded coconut
Olives
Coconut manna
Honey
Canned pumpkin
Capers
Pine nuts

WEEK 1

Veggies

Cabbage (for sauerkraut)
10-12 large carrots (2 for sauerkraut)
2 red onions
5 head cauliflower
3 scallions/green onions
2 green salads (per person)
3 onions
Cilantro
1 sweet potato (per person)
20 grape leaves (16 ounce jar)
Butternut squash
2 large sweet potatoes
6 avocados
1 head broccoli
Handful of string beans
Head of romaine lettuce
3 cucumbers
Fresh dill
1 bunch asparagus
2 large beets
1 fennel bulb

Meat

½ pound bacon
2 sausage links
12 bone in, skin on chicken thighs
3 pounds bone-in, skin-on chicken thighs
2 pounds flank steak
2 ounces pancetta
1 pound ground pork
1 pound ground lamb
1 pound wild scallops
Smoked salmon (lox) (2 ounces per roll)
2 pounds skirt steak
2 pounds lamb stew meat
1 pound ground meat
1 6-ounce can salmon
Whole chicken

Fruit

8 lemons
Frozen peaches
Frozen blueberries
1 pint blueberries
Raisins
Currants
1 lime
3 oranges

Pantry

Capers
Nori sheets
Collagen peptides
Water chestnuts

WEEK 2

Veggies

3 bunches romaine hearts
1 head of butter or bibb lettuce
14 large carrots (2 for sauerkraut)
1 red cabbage
Broccoli (as a side)
Red onion
4 large onions
8 portabella buns
Lettuce (for burgers)
4 zucchini or yellow squash
2 cups basil or cilantro
2 avocados
1 green salad (per person)
Jicama
4 cucumbers
Shallots
4 parsnips
5 sweet potatoes (per person)
3 pounds sweet potatoes
Cabbage (for sauerkraut)
1 head of cauliflower
1 scallions/green onions
2 spinach (as a side)
1 pound asparagus
2-3 large daikon radishes (app. 3 pounds)

Meat

2 boneless skinless chicken breast halves
½ pound bacon
1 pound ground turkey
1 ½ pounds ground meat
2 dozen shrimp
8-12 ounces smoked salmon (per person)
1 pound shrimp
2 pounds pork tenderloin
2 sausage links
2 large beef shanks (2 pounds)
6 chicken legs
1 pound salmon
1 pound chicken livers
1 pound tuna steaks

Fruit

Frozen cherries
Frozen blueberries
2 limes
2 servings blueberries (per person)
5 lemons
1 pomegranate
Orange
4 dates
2 green plantains

Pantry

Collagen peptides
Capers

WEEK 3

Veggies

4 avocados
4 cucumbers
3 carrots
2 summer or winter squash
6 large onions
2 small red onions
Fresh basil
4 heads cauliflower
3 green salads (per person)
2 large sweet potatoes
2 pounds sweet potatoes
2 pounds sweet potatoes or parsnips
2 large sweet potatoes or parsnips or turnips
Fresh sage
Spaghetti squash
2 celery
1 bunch asparagus
2 heads of butter lettuce
2 large romanesco
2 cups kale
4 cups arugula
4 cups romaine
Fresh dill

Meat

1 pound ground meat
4 skinless chicken thighs
1.5 pounds bacon
4.5 pound ground pork
½ pound ground veal or beef
6 ounces canned salmon
2 pounds sea scallops
2 pounds bone-in, skin-on chicken legs
2 pounds salmon fillet
2 pounds boneless skinless chicken breast

Fruit

1 banana (per person)
Apple
Frozen cherries
Frozen blueberries
2 oranges
16 ounces cranberries
1 serving blueberries (per person)
11 lemons
Mango

Pantry

Collagen peptides
Canned pumpkin
16 ounces green olives
Kalamata olives
Capers

WEEK 4 + 2 DAYS

Veggies

3 red onions
3 yellow onions
2 small onion
1 celery
1 pound + 2 carrots
8 ounces beets
5 heads of cauliflower
1 head broccoli
3 scallions/green onions
4 small sweet potatoes
2 large sweet potatoes
2 large sweet potatoes or parsnips or turnips
Butternut squash
Fresh sage
2 heads of butter lettuce
Cilantro
4 avocados
5 shallots
Cucumber
8 cups romaine
3 green salads (per person)
Bok choy (as a side)
2 cups kale
8 cups arugula or dark leaf mix
3 cups artichoke hearts
12 baby portabella mushrooms
2 cups spinach
Red cabbage
1 pound green beans
1 cup spinach
8 portabella buns

Meat

- 1 pound bacon
- 2 sausage links
- 2 large beef shanks (2 pounds)
- 2 pounds skirt steak
- 5 ½ pounds ground pork
- 4 pounds ground beef
- ½ pound chicken livers
- 6 ounce can salmon (per person)
- 1 pound wild scallops
- 2 boneless skinless chicken breast
- 1 pound Italian sausage or ground pork
- 1 pound ground turkey or chicken
- 8 slices prosciutto
- 2 pounds bone in, skin on chicken
- 1 pound ground meat
- 4 6 ounce cans smoked salmon (per person)

Fruit

- 4 oranges
- 7 limes
- Mango
- Pineapple
- Frozen peaches
- Frozen blueberries
- Frozen cherries
- 1 pint blueberries
- 2 servings blueberries (per person)
- Currants
- Apple
- 2 lemons
- 2 green plantains

Pantry

- Collagen peptides
- Apple cider vinegar

WEEK 1

Veggies

- 1 large zucchini
- 10-12 large carrots (2 for sauerkraut)
- Cabbage (for sauerkraut)
- 4 green salad (per person)
- 3 onions
- Red onion
- 2 bell peppers
- Cilantro
- 1 head broccoli
- 3 avocados
- Tomato
- 1 jalapeño pepper
- 2 cups sweet potatoes
- 1 bunch swiss chard
- 1 bunch spinach
- 2 heads of cauliflower
- 20 grape leaves (16 ounce jar)
- 2 cups basil or cilantro
- 2 large beets
- 1 fennel bulb
- 3 cucumbers
- 2 green onion/scallions
- 1 head broccoli
- Handful of string beans
- Brussels sprouts (as a side)
- Head of romaine lettuce
- 1 pint cherry tomatoes
- 3 bunches kale
- 1 bunch asparagus
- Fresh basil
- Shallot
- Fresh dill

Meats

- 19 eggs
- 2 servings eggs (per person)
- 2 serving bacon (per person)
- 4 slices bacon
- 12 bone-in, skin-on chicken thighs
- 2 pounds flank steak
- 2 6-ounce cans salmon (per person)
- 1 ½ pounds ground bison
- 1 pound ground lamb
- 1 pound sole or white fish
- Smoked salmon (lox) (2 ounce per roll)
- 2 pounds skirt steak
- 1 pound ground meat
- 2 pounds lamb stew meat
- Whole chicken

Fruit

- 5 servings berries (per person)
- 6 lemons
- Raisins or currants
- 1 lime
- 3 oranges

Pantry

- Olives
- Macadamia nuts
- Nori sheets
- Water chestnuts
- Sesame seeds

WEEK 2

Veggies

- 7 large zucchini
- 6 large carrots (2 for sauerkraut)
- 4 small russet potatoes
- 3 bunches romaine hearts
- 2 head of butter or bibb lettuce
- 1 bell pepper
- Red bell pepper
- Yellow bell pepper
- 3 cucumbers
- 1 red cabbage
- Cabbage (for sauerkraut)
- 2 heads of broccoli
- 1 large onion
- 8 portabella buns
- Lettuce and tomato (for burgers)
- 2 cups basil or cilantro
- 3 avocados
- 1 pint cherry tomatoes
- 3 scallions/green onions
- 5 green salad (per person)
- 2 cups kale
- 2 large Yukon gold potatoes
- 2 head cauliflower
- Pepperoncini
- 1 pound asparagus
- 1 sweet potato (per person)
- 2-3 large daikon radish (app. 3 pounds)
- Jalapeño
- Jicama
- Shallots

Meats

- 19 Eggs
- 1 serving eggs (per person)
- 2 boneless skinless chicken breast halves
- 4 slices bacon
- 1 serving bacon (per person)
- 1 pound ground turkey
- 1 ½ pounds ground meat
- 2 dozen shrimp

- 1 pound boneless skinless thighs
- 2 pounds boneless pork tenderloin
- 1 pound ground pork
- 2-3 pounds bone-in short ribs
- 2 ounces pancetta
- 3 pounds bone-in, skin-on chicken thighs
- 1 pound salmon
- 1 pound tuna steaks
- 1 pound shrimp

Fruit

- 3 servings berries (per person)
- 2 limes
- Pineapple
- 4 dates
- 5 lemons

Pantry

- Capers
- Macadamia nuts or pine nuts
- 1 15-ounce can tomato sauce

WEEK 3

Veggies

- Mushrooms
- 1 bunch spinach
- 6 avocados
- 6 green salad (per person)
- 2 bell peppers
- 3 large onions
- 2 small red onions
- 2 yellow onions
- Diced tomatoes, fresh or canned
- Fresh basil
- Brussels sprouts (as a side)
- Shallot
- Swiss chard
- Cabbage (for sauerkraut)
- 4 large carrots (2 for sauerkraut)
- 2 bunches kale
- Spaghetti squash
- 1 celery
- 2 zucchini
- 3 head cauliflower
- 2 pounds red or gold potatoes
- 2 large gold or russet potatoes
- 2 heads of butter lettuce
- 2 large romanesco
- 4 cups arugula
- 1 pint grape tomatoes
- 3 cucumbers
- 4 cups romaine
- 1 pint cherry tomatoes
- Fresh dill

Meats

- 15 eggs
- 4 serving eggs (per person)
- 2 pounds ground meat
- 3 ½ pounds ground pork
- 4 skinless chicken thighs
- 32 slices bacon
- ½ pound ground veal or beef
- 2 pounds sea scallops
- 2 pounds bone-in, skin-on chicken legs
- 2 pounds salmon fillet
- 2 pounds boneless skinless chicken breast

Fruit

- 3 serving berries (per person)
- ½ cup blueberries
- 16 ounces cranberries
- 2 oranges
- 10 lemons
- Currants
- Mango

Pantry

- Olives
- 3 ounces tomato paste
- Dry white wine
- 16 ounces green olives
- Kalamata olives
- Chestnuts

WEEK 4 + 2 DAYS

Veggies

- 3 red onions
- 3 yellow onions
- 1 small onion
- 2 large onions
- 1 celery
- 3 carrots
- 4 red bell peppers
- 5 heads of cauliflower
- 3 scallions/green onions
- 2 large sweet potatoes
- 2 butternut squash
- Fresh sage
- 2 heads of butter lettuce
- 1 pint cherry tomatoes
- Cilantro
- 6 avocados
- 4 shallots
- 3 cups tomato
- 3 cucumbers
- 8 cups romaine
- 3 green salad (per person)
- 1 bunch spinach or kale
- Mushrooms
- Bok choy (as a side)

- 2 zucchini
- 1 head broccoli
- Fresh sage
- 4 small russet potatoes
- 8 cups arugula or dark leaf mix
- 3 cups artichoke hearts
- 1 cup sundried tomatoes
- 12 baby portabella mushrooms
- 2 cups spinach
- Brussels sprouts (as a side)
- Red cabbage
- Fresh dill
- Fresh basil
- Fresh cilantro
- Fresh mint
- 4 cups baby spinach

Meats

- 12 slices of bacon
- 3 servings bacon (per person)
- 2 sausage links
- 20 eggs
- 3 serving eggs (per person)
- 2 large beef shanks (2 pounds)
- 2 pounds skirt steak
- 2 ½ pounds ground beef
- 3 ½ pounds ground pork
- 1 pound ground turkey or chicken
- ½ pound chicken livers
- 2 6-ounce cans salmon
- 1 pound wild scallops
- 2 boneless skinless chicken breast
- 1 pound Italian sausage or ground pork
- 2 pounds bone-in, skin-on chicken
- 3 pounds ground meat

Fruit

- 5 serving berries (per person)
- 4 oranges
- 6 limes
- Pineapple
- Apple
- 5 lemons
- 3 green apples
- Currants

Pantry

- Unsweetened shredded coconut
- Pine nuts

WEEK 1

Veggies

- 1 large zucchini
- 10-12 large carrots (2 for sauerkraut)
- Cabbage (for sauerkraut)
- 4 green salads (per person)
- Jalapeño
- Red bell pepper
- Yellow bell pepper
- Jicama
- 5 cucumbers
- Shallots
- 4 avocados
- 2 large romanesco
- Tomato
- 2 fennel bulb
- 3 large beets
- 2 sweet potatoes (per person)
- 1 pound asparagus
- 2 cups basil or cilantro
- Butternut squash
- Head of romaine lettuce
- 1 pint cherry tomatoes
- Fresh dill
- 1 bunch spinach
- Mushrooms
- 1 bunch asparagus
- 4 bunches kale
- 1 onion

Meat

- 2 dozen eggs
- ½ pounds bacon
- 12 bone-in, skin-on chicken thighs
- 1 pound shrimp
- 2 6 ounce canned salmon (per person)
- 1 pound chicken or salmon
- 1 pound salmon
- 1 pound sole or white fish
- Smoked salmon (lox) (2 ounces per roll)
- 6 chicken legs
- 1 pound ground meat
- 2 pounds lamb stew meat
- Whole chicken

Fruit

- Lime
- 10 lemons
- Pomegranate
- 5 oranges
- 2 serving berries (per person)

Pantry

- Olives
- Pistachios
- Macadamia nuts
- Nori sheets
- Canned pumpkin

WEEK 2

Veggies

- 4 small russet potatoes
- 3 bunches romaine hearts
- 2 head of butter or bibb lettuce
- 6 large carrots (2 for sauerkraut)
- 3 bell peppers
- 3 cucumbers
- 1 red cabbage
- Cabbage (for sauerkraut)
- 2 head broccoli
- 1 large onion
- 8 portabella buns
- Lettuce and tomato (for burger)
- 7 zucchini or yellow squash
- 2 cups basil or cilantro
- 3 avocados
- 5 green salad (per person)
- Jalapeño
- Jicama
- Shallots
- Green onions (scallions)
- 2 cups kale
- 2 large Yukon gold potatoes
- 2 head cauliflower
- 1 baking potato (per person)
- Pepperoncini
- 1 sweet potato (per person)
- 1 pound asparagus
- 1 pint cherry tomatoes
- Scallions
- 2-3 large daikon radishes (app. 3 pounds)**

Meat

- 2 dozen eggs
- 2 boneless, skinless chicken breast halves
- ½ pound bacon
- 1 pound ground turkey
- 1 ½ pounds ground turkey or chicken
- 3 dozen shrimp
- 2 pounds boneless pork tenderloin
- 1 pound ground pork
- 1 pound wild scallops
- 2 ounces pancetta
- 3 pounds bone-in, skin-on chicken thighs
- 1 pound salmon
- 1 pound boneless, skinless thighs
- 1 pound tuna steaks

Fruit

- Raisins
- 6 servings berries (per person)
- 2 Limes
- 5 Lemons
- Pineapple
- 1 orange

Pantry

- Coconut milk
- Unsweetened shredded coconut
- Tahini
- Canned pumpkin
- Almond butter
- Capers

WEEK 3

Veggies

- 1 bunch spinach
- Mushrooms
- 2 bell peppers
- 3 large onions
- Diced tomatoes, fresh or canned
- Fresh basil
- 6 green salads (per person)
- 2 bunches kale
- Spaghetti squash
- 4 carrots (2 for sauerkraut)
- 1 celery
- 3 head cauliflower
- 2 pounds red or gold potatoes
- 2 large gold or russet potatoes
- 2 heads of butter lettuce
- Cabbage (for sauerkraut)
- 4 avocados
- 2 yellow onions
- 4 cups arugula
- 2 Small red onions
- 1 pint grape tomatoes
- 3 cucumbers
- 4 cups romaine
- 1 pint cherry tomatoes
- Fresh dill

Meat

- 1 dozen eggs
- 3 pounds ground turkey
- 3 pounds ground pork
- 12 bone-in, skin-on chicken thighs
- 1 pound bacon
- 2 pounds sea scallops
- 2 pounds bone-in, skin-on chicken legs
- 2 pounds salmon fillet
- 2 pounds boneless, skinless chicken breast

Fruit

- Frozen peaches
- Frozen blueberries
- 1 pint blueberries
- 16 ounces cranberries
- 2 oranges
- 9 lemons
- Currants
- Mango
- 1 serving berries (per person)

Pantry

- Olives
- Collagen peptides
- 3 ounces tomato paste
- Dry white wine
- Canned pumpkin
- Kalamata olives
- Capers
- Chestnuts
- 16 ounces green olives

WEEK 4+2 DAYS

Veggies

- 3 red onions
- 2 large onions
- 2 yellow onions
- 8 carrots (2 for sauerkraut)
- 5 red bell peppers
- 5 heads of cauliflower
- 1 head broccoli
- 3 scallions
- 10 avocados
- Celery
- 3 head butter lettuce
- Cherry tomatoes
- 2 butternut squash
- Cilantro
- 3 shallots
- 2 cucumbers
- 2 mushrooms
- 8 cups romaine
- 2 cups tomato
- 1 bunch + 2 cups spinach
- 2 green salads (per person)
- 4 cups arugula
- Bok choy (as a side)
- 2 zucchini
- 4 small russet potatoes
- 8 cups arugula or dark leaf mix
- 3 cup artichoke hearts
- 1 cup sundried tomatoes
- 12 baby portabella mushrooms
- Fresh sage
- Red cabbage
- Cabbage (for sauerkraut)

Meat

- ½ pound bacon
- 2 sausage links
- 2 dozen eggs
- 3 pounds boneless, skinless chicken
- 1 ½ pounds shredded cooked chicken
- 1 pound boneless, skinless thighs
- 1 pound ground turkey or chicken
- 1 pound sole or white fish
- 2 pounds salmon fillet
- 1 pound wild scallops
- 2 boneless, skinless chicken breast
- 1 pound Italian sausage or ground pork
- 2 pounds ground pork
- 4 pounds ground turkey
- 2 pounds bone-in, skin-on chicken

Fruit

- 8 limes
- 2 apples (per person)
- Apple
- 3 green apples
- Pineapple
- 3 orange
- 3 lemons
- Mango
- 6 servings berries (per person)
- 2 green plantains

Pantry

- 1 24 ounce jar salsa verde
- 10 ounce cup tomato paste
- Unsweetened shredded coconut
- Macadamia nuts
- Olives
- Capers

WEEK 1

Veggies

- 1 large zucchini
- 10-12 large carrots (2 for sauerkraut)
- Cabbage (for sauerkraut)
- 2 large beets
- 1 fennel bulb
- 3 onions
- 2 bell peppers
- Cilantro
- 1 baking potato (per person)
- 1 bunch spinach
- 1 jalapeño pepper
- 2 cups sweet potatoes
- 2 green salad (per person)
- 2 heads cauliflower
- 20 grape leaves (16 ounce jar)
- 2 cups basil or cilantro
- 1 butternut squash
- 3 cucumbers
- 2 avocados
- Red onion
- 1 head broccoli
- Handful of string beans
- 2 green onion/scallions
- Head of romaine lettuce
- 1 pint cherry tomatoes
- Fresh dill
- 1 bunch asparagus
- 2 pounds sweet potatoes

Meat

- 23 eggs
- 1 serving eggs (per person)
- 2 servings bacon (per person)
- 12 bone-in, skin-on chicken thighs
- 2 pounds flank steak
- 1 ½ pounds ground bison
- 4 slices bacon
- 1 pound ground lamb
- 6 chicken legs
- Smoked salmon (lox) (2 ounces per roll)
- 2 pounds skirt steak
- 1 pound ground meat
- 2 pounds lamb stew meat
- 6-ounces canned salmon (per person)
- Whole chicken

Fruit

- 2 oranges
- Raisins or currants
- 1 lime
- 6 lemons
- 1 banana per person

Pantry

- Nori sheets
- Water chestnuts
- Sesame seeds
- Canned pumpkin

WEEK 2

Veggies

- Cabbage (for sauerkraut)
- 14 carrots (2 for sauerkraut)
- Butternut squash
- 1 yellow onion
- Fresh sage
- 2 head of butter or bibb lettuce
- 3 bell peppers
- 3 cucumbers
- 1 red cabbage
- 1 head of broccoli
- 1 large onion
- 8 portabella buns
- Lettuce and tomato (for burger)
- 7 zucchini or yellow squash
- 2 cups basil or cilantro
- 5 avocados
- 1 green salad (per person)
- 1 jalapeño
- Jicama
- Shallots
- Green onions (scallions)
- 2 heads of cauliflower
- Spaghetti squash
- 2 Scallions
- Pepperoncini
- Cherry tomatoes
- 1 baking potato (per person)
- 1 sweet potato (per person)
- 1 pound asparagus
- 2-3 large daikon radishes (app. 3 pounds)

Meat

- 27 Eggs
- 2 servings eggs (per person)
- 12 slices bacon
- 2 servings bacon (per person)
- 1 pound ground turkey
- 1 ½ pounds ground meat
- 2 dozen shrimp
- 1 pound shrimp
- 2 pounds boneless pork tenderloin
- 2-3 pounds bone-in short ribs
- 2 ounces pancetta
- 3 pounds bone-in, skin-on chicken thighs
- 1 pound salmon
- 1 pound boneless skinless thighs
- 1 pound tuna steaks

Fruit

- 2 bananas (per person)
- 1 orange
- 2 limes
- 5 lemons
- Pineapple
- 8 dates

Pantry

- 1 15-ounce can tomato sauce
- Capers

WEEK 3

Veggies

- Cabbage (for sauerkraut)
- 4 carrots (2 for sauerkraut)
- 6 avocados
- 1 bunch spinach
- 2 bell peppers
- 3 large onions
- 2 yellow onions
- 2 small red onions
- Diced tomatoes, fresh or canned
- Fresh basil
- 4 heads cauliflower
- 2 pounds sweet potatoes
- Spaghetti squash
- 1 celery
- 2 pounds red or gold potatoes
- 2 large gold or russet potatoes
- 2 heads of butter lettuce
- 2 large romanesco
- 1 green salad (per person)
- 4 cups arugula
- 1 pint grape tomatoes
- 1 cucumber

Meat

- 3 serving eggs (per person)
- 2 pounds ground meat
- 4 skinless chicken thighs
- 32 slices bacon
- 16 eggs
- ½ pound ground veal or beef
- 3 ½ pounds ground pork
- 2 pounds sea scallops
- 2 pounds bone-in, skin-on chicken legs
- 2 pounds salmon fillet
- 2 pounds boneless skinless chicken breast

Fruit

- Frozen peaches
- Frozen blueberries
- Pint of blueberries
- 2 bananas (per person)
- 16 ounces cranberries
- 2 oranges
- 9 lemons
- Currants
- Mango

Pantry

- Olives
- 3 ounces tomato paste
- Dry white wine
- Canned pumpkin
- Kalamata olives
- Chestnuts
- 16 ounces green olives

WEEK 4+2 DAYS

Veggies

- Red onion
- 4 yellow onion
- 1 small onion
- 2 large onions
- 8 carrots (2 for sauerkraut)
- 3 red bell peppers
- 7 heads of cauliflower
- 1 head broccoli
- 3 scallions
- 1 sweet potato (per person)
- 2 large sweet potatoes
- 2 butternut squash
- Fresh sage
- 2 heads of butter lettuce
- 1 pint cherry tomatoes
- Cilantro
- 5 shallots
- 2 cups tomato
- 3 cucumbers
- Celery
- Cabbage (for sauerkraut)
- 6 avocados
- Bok choy (as a side)
- 2 zucchini
- 12 baby portabella mushrooms
- 2 cups spinach
- 2 pounds sweet potatoes
- Red cabbage
- Red onion
- 2 cups artichoke hearts
- Fresh dill
- Fresh basil
- Fresh cilantro
- Fresh mint

Meat

- 12 slices of bacon
- 3 servings bacon (per person)
- 2 sausage links
- 11 eggs
- 4 servings eggs (per person)
- 2 large beef shanks (2 pounds)
- 2 pounds skirt steak
- 1 ½ pounds shredded cooked chicken
- 1 ½ pounds ground beef
- 3 ½ pounds ground pork
- ½ pound chicken livers
- 1 pound wild scallops
- 2 6-ounce cans salmon
- 1 pound Italian sausage or ground pork
- 1 pound ground meat
- 1 pound ground turkey or chicken
- 2 pounds bone-in, skin-on chicken
- 2 pounds ground meat

Fruit

- 4 oranges
- 7 limes
- Pineapple
- 4 green plantains
- Apples
- 2 apples (per person)
- 5 lemons

Pantry

- Unsweetened shredded coconut
- 8 ounces tomato paste
- Capers

WEEK 1

Veggies

- 7 green salads (per person)
- Cabbage (for sauerkraut)
- 10-12 carrots (2 for sauerkraut)
- 3 heads cauliflower
- 2 heads broccoli
- 3 bunches kale
- Tomato
- 4 avocados
- 2 large zucchini
- 4 onions
- 2 bell peppers
- Cilantro
- 20 grape leaves (16 ounce jar)
- 1 pound green beans
- 2 shallots
- 3 cucumbers
- Red onion
- Handful of string beans
- 2 green onion/scallions
- 1 head of romaine lettuce
- 1 pint cherry tomatoes
- Fresh dill
- 1 bunch asparagus

Meat

- 19 Eggs
- 1 serving eggs (per person)
- 3 servings bacon (per person)
- 1 pound ground meat
- 12 bone-in, skin-on chicken thighs
- 2 pounds flank steak
- 2 6-ounce cans salmon (per person)
- 3 pounds boneless skinless chicken
- 1 pound ground lamb
- 1 pound sole or white fish
- Smoked salmon (lox) (2 ounces per roll)
- 2 pounds skirt steak
- 2 pounds lamb stew meat
- Whole chicken

Fruit

- 4 limes
- 7 lemons
- Raisins or currants
- 2 oranges

Pantry

- Olives
- Nori sheets
- 1 24-ounce jar salsa verde
- 4 ounces tomato paste
- Macadamia nuts
- Water chestnuts
- Sesame seeds
- Canned pumpkin

WEEK 2

Veggies

- Cabbage (for sauerkraut)
- 6 carrots (2 for sauerkraut)
- 1 bunch spinach
- 1 head broccoli
- 2 avocados
- 6 green salads (per person)
- Spaghetti squash
- 1 head of butter or bibb lettuce
- 3 bell peppers
- 3 cucumbers
- 1 red cabbage
- 2 large zucchini
- 8 portabella buns
- Lettuce and tomato (for burger)
- 1 large onion
- 8 cups kale
- 1 fennel bulb
- 1 large beet
- 1 jalapeño
- Jicama
- Shallots
- 2 green onions (scallions)
- 2 large Yukon gold potatoes
- 1 head cauliflower
- Pepperoncini
- 1 pound asparagus
- 2-3 large daikon radishes (app. 3 pounds)

Meat

- 15 eggs
- 1 serving egg (per person)
- 1 serving bacon (per person)
- 1 pound ground turkey
- 1 ½ pounds ground meat
- 1 pound shrimp
- 2 pounds boneless pork tenderloin
- 1 pound ground pork
- 2-3 pounds bone-in short ribs
- 2 ounces pancetta
- 3 pounds bone-in, skin-on chicken thighs
- 1 pound salmon
- 1 pound tuna steaks

Fruit

- 2 servings fruit (per person)
- 2 limes
- Pomegranate
- 2 oranges
- 5 lemons
- Pineapple
- 4 dates

Pantry

- Pistachios
- 1 15-ounce can tomato sauce
- Capers
- Olives

WEEK 3

Veggies

- 5 green salads (per person)
- 2 cabbage (1 for sauerkraut)
- 7 large carrots (2 for sauerkraut)
- 2 bunch spinach
- 2 bunch of spinach or kale
- 7 avocados
- 2 bell peppers
- 3 large onions
- Diced tomatoes, fresh or canned
- Fresh basil
- 1 small onion
- 3 heads butter lettuce
- 12 ounces shishito (or other small) peppers
- 2 bunches kale
- Spaghetti squash
- 1 celery
- 3 heads cauliflower
- 2 pounds red or gold potatoes
- 1 large zucchini
- 2 large gold or russet potatoes
- 2 large romanesco
- 2 yellow onions
- 4 cups arugula
- 2 small red onions
- 1 pint grape tomatoes
- 3 cucumbers
- 4 cups romaine
- 1 pint cherry tomatoes
- Fresh dill

Meat

- 4 servings eggs (per person)
- 24 eggs
- 24 bacon slices
- 1 serving bacon (per person)
- 2 pounds ground meat
- 3 ½ pounds boneless skinless chicken breast
- ½ pound ground veal or beef
- ½ pound ground pork
- 2 pounds ground pork
- 2 pounds sea scallops
- 2 pounds bone-in, skin-on chicken legs
- 2 pounds salmon fillet

Fruit

- 1 pint blueberries
- 1 lime
- 16 ounces cranberries
- 2 oranges
- 10 lemons
- Currants
- Mango

Pantry

- Olives
- Coconut milk
- 3 ounces tomato paste
- Dry white wine
- Chestnuts
- 16 ounces green olives
- Kalamata olives
- Capers

WEEK 4+2 DAYS

Veggies

- 3 red onions
- 4 carrots (2 for sauerkraut)
- 4 red bell peppers
- 6 heads of cauliflower
- 2 heads of broccoli
- 2 scallions
- 3 green salad (per person)
- 6 avocados
- 1 bok choy (as a side)
- Cabbage (for sauerkraut)
- 1 bunch kale
- 2 bunch spinach
- 2 large sweet potatoes
- 2 head of butter lettuce
- 1 pint cherry tomatoes
- Cilantro
- 4 shallots
- 2 cups tomato
- 2 cucumbers
- Butternut squash

8 cups romaine
1 small onion
1 celery
2 large onions
4 small russet potatoes
8 cups arugula or dark leaf mix
3 cup artichoke heart
1 cup sundried tomatoes
12 baby portabella mushrooms
2 yellow onions
6 cups spinach
Fresh sage
2 zucchini
Red cabbage
Fresh dill
Fresh basil
Fresh cilantro
Fresh mint

Meat

8 slices of bacon
4 servings bacon (per person)
2 sausage links
20 eggs
2 servings egg (per person)
2 large beef shanks (2 pounds)
2 pounds skirt steak
2 ½ pounds ground beef
3 ½ pounds ground pork
1 pound ground turkey or chicken
½ pound chicken livers
2 6-ounce cans salmon
1 pound wild scallops
2 boneless skinless chicken breast
1 pound Italian sausage or ground pork
2 pounds bone-in, skin-on chicken
3 pounds ground meat

Fruit

3 servings berries (per person)
3 oranges
7 limes
Pineapple
Apple
5 lemons
3 green apples
Currants

Pantry

Unsweetened shredded coconut
Capers
Pine nuts

WEEK 1

Veggies

5 green salads (per person)
Cabbage (for sauerkraut)
10-12 carrots (2 for sauerkraut)
2 heads broccoli
1 bunch asparagus
3 heads cauliflower
1 bunch Swiss chard
1 bunch spinach
Brussels sprouts (as a side)
3 bunch kale
1 large zucchini
3 onions
2 bell peppers
Cilantro
3 avocados
Tomato
1 jalapeño pepper
2 cups sweet potatoes
20 grape leaves (16 ounce jar)
2 cups cilantro or basil
2 large beets
1 fennel bulb
3 cucumbers
Red onion
Handful of string beans
2 green onion/scallions
Head of romaine lettuce
1 pint cherry tomatoes
Fresh dill

Meat

1 serving eggs (per person)
15 eggs
4 slices bacon
1 serving bacon (per person)
12 bone-in, skin-on chicken thighs
2 pounds flank steak
2 6 ounce cans salmon (per person)
1 ½ pounds ground bison
1 pound ground lamb
1 pound sole or white fish
Smoked salmon (lox) (2 ounces per roll)
2 pounds skirt steak
2 pounds lamb stew meat
Whole chicken

Fruit

5 servings berries (per person)
Raisins or currants
1 lime
5 lemons
3 oranges

Pantry

Olives
Macadamia nuts
Nori sheets
Water chestnuts
Sesame seeds

WEEK 2

Veggies

Cabbage (for sauerkraut)
6 carrots (2 for sauerkraut)
2 heads broccoli
2 head cauliflower
5 green salads (per person)
1 sweet potato (per person)
3 avocados
4 small russet potatoes
3 bunches romaine hearts
1 head of butter or bibb lettuce
1 head butter lettuce
3 bell peppers
3 cucumbers
1 red cabbage
1 large onion
8 portabella buns
Lettuce and tomato (for burger)
7 zucchini or yellow squash
2 cups basil or cilantro
Cherry tomatoes
3 green onions/scallions
Cilantro
2 cups kale
2 large Yukon gold potatoes
Pepperoncini
1 pound asparagus
2-3 large daikon radishes (app. 3 pounds)
Jalapeño
Jicama
Shallots

Meat

4 slices bacon
2 servings bacon (per person)
1 serving eggs (per person)
15 eggs
2 boneless, skinless chicken breast halves
1 pound ground turkey
1 ½ pounds ground meat
2 dozen shrimp
1 pound boneless, skinless chicken thighs
2 pounds boneless pork tenderloin
1 pound ground pork
2-3 pounds bone-in short ribs
2 ounces pancetta
3 pounds bone-in, skin-on chicken thighs
1 pound salmon

1 pound tuna steaks
1 pound shrimp

Fruit

3 servings berries (per person)
6 lemons
2 limes
Pineapple
4 dates

Pantry

Capers
1 15-ounce can tomato sauce

WEEK 3

Veggies

Mushrooms
1 bunch spinach
4 avocados
6 green salads (per person)
Brussels sprouts (as a side)
1 bunch Swiss chard
Cabbage (for sauerkraut)
4 carrots (2 for sauerkraut)
2 bell peppers
3 large onions
Diced tomatoes, fresh or canned
Fresh basil
Shallots
2 bunches kale
Spaghetti squash
1 celery
2 zucchini
3 head cauliflower
2 pounds red or gold potatoes
2 large gold or russet potatoes
2 heads of butter lettuce
2 large romanesco
2 yellow onions
4 cups arugula
2 Small red onions
1 pint grape tomatoes
1 cucumber

Meat

15 eggs
3 servings eggs (per person)
3 pounds ground meat
4 skinless chicken thighs
32 slices bacon
½ pound ground veal or beef
2 ½ pound ground pork
2 pounds sea scallops
2 pounds bone-in, skin-on chicken legs
2 pounds salmon fillet
2 pounds boneless, skinless chicken breast

Fruit

4 servings berries (per person)
1 pint blueberries
16 ounces cranberries
2 oranges
9 lemons
Currants
Mango

Pantry

Olives
3 ounces tomato paste
Dry white wine
Chestnuts
16 ounces green olives
Kalamata olives

WEEK 4 + 2 DAYS

Veggies

Cabbage (for sauerkraut)
4 carrots (2 for sauerkraut)
5 avocados
Spinach or kale
Brussels sprouts (as a side)
Mushrooms
3 green salads (per person)
Bok choy (as a side)
4 shallots
3 red onions
4 red bell peppers
6 heads of cauliflower
1 head broccoli
2 scallions
2 large sweet potatoes
4 yellow onion
Fresh sage
2 butternut squash
2 head of butter lettuce
1 pint cherry tomatoes
Cilantro
2 cups tomato
2 cucumbers
8 cups romaine
1 small onion
1 celery
1 large onion
2 zucchini
4 small russet potatoes
8 cups arugula or dark leaf mix
3 cups artichoke heart
1 cup sundried tomatoes
12 baby portabella mushrooms
Red cabbage
Fresh dill
Fresh basil
Fresh cilantro

Fresh mint
6 cups baby spinach

Meat

20 eggs
3 serving eggs (per person)
12 slices of bacon
4 servings bacon (per person)
2 sausage links
2 large beef shanks (2 pounds)
2 pounds skirt steak
2 ½ pounds ground beef
2 ½ pounds ground pork
½ pound chicken livers
2 6-ounce cans salmon
1 pound wild scallops
1 pound ground meat
2 boneless, skinless chicken breast
1 pound Italian sausage or ground pork
1 pound ground turkey or chicken
2 pounds bone-in, skin-on chicken
3 pounds ground meat

Fruit

6 servings berries (per person)
4 oranges
7 limes
Pineapple
Apple
8 lemons
3 green apples
Currants

Pantry

Olives
Unsweetened shredded coconut
Capers
Pine nuts

WEEK 1

Veggies

1 large zucchini
10-12 large carrots (2 for sauerkraut)
Cabbage (for sauerkraut)
5 green salads (per person)
1 sweet potato (per person)
2 cups sweet potatoes
1 bunch spinach
1 butternut squash
1 Brussels sprouts (as a side)
3 avocados
Tomato
1 bunch asparagus
3 onions
1 bell pepper
Cilantro
1 jalapeño pepper
2 heads of cauliflower
20 grape leaves (16 ounce jar)
2 cups basil or cilantro
3 cucumbers
Red onion
1 head broccoli
Handful of string beans
1 bell pepper
2 green onions/scallions
Head of romaine lettuce
1 pint cherry tomatoes
Fresh dill

Meat

23 eggs
1 serving eggs (per person)
12 bone-in, skin-on chicken thighs
2 pounds flank steak
2 6-ounce canned salmon (per person)
1 ½ pounds bison ground
4 slices bacon
1 pound ground lamb
1 pound sole or white fish
Smoked salmon (lox) (2 ounces per roll)
2 pounds skirt steak
1 pound ground meat
2 pounds lamb stew meat
Whole chicken

Fruit

3 servings melon (per person)
Lemon
Raisins or currants
1 lime
5 lemons
2 oranges

Pantry

Olives
Macadamia nuts
Nori sheets
Water chestnuts
Sesame seeds
Canned pumpkin

WEEK 2

Veggies

3 heads broccoli
5 green salads (per person)
Sweet potato
Baking potato
4 small russet potatoes
3 bunches romaine hearts
4 cucumbers
15 carrots (2 for sauerkraut)
Cabbage (for sauerkraut)
1 small onion
7 zucchini or yellow squash
2 cups basil or cilantro
3 avocados
Jalapeño
Red bell pepper
Yellow bell pepper
Jicama
Shallots
3 green onions (scallions)
2 cups kale
2 large Yukon gold potatoes
1 head cauliflower
Pepperoncini
1-pound asparagus
1 head Butter lettuce
Cherry tomatoes
2-3 large daikon radishes (app. 3 pounds)

Meat

15 eggs
2 servings eggs (per person)
2 boneless, skinless chicken breast halves
4 slices bacon
1 serving bacon (per person)
1 pound chicken livers
1 pound + 2 dozen shrimp
2 pounds boneless pork tenderloin
1 pound ground pork
2-3 pounds bone-in short ribs
2 oz pancetta
3 pounds bone-in, skin-on chicken thighs
1 pound salmon
1 pound boneless, skinless thighs
1 pound tuna steaks

Fruit

3 servings berries (per person)
Lemon juice
Lime
5 lemons
Pineapple
8 dates

Pantry

Coconut milk
Unsweetened shredded coconut
Tahini
Canned pumpkin
Almond butter
Capers
15 ounce can tomato sauce
Olives

WEEK 3

Veggies

Spinach
7 avocados
4 bunches kale
6 green salad (per person)
4 carrots (2 for sauerkraut)
Cabbage (for sauerkraut)
2 bell peppers
Diced tomatoes, fresh or canned
Fresh basil
Spaghetti squash
3 onions
1 celery
3 heads cauliflower
2 pounds red or gold potatoes
2 heads of butter lettuce
2 large romanesco
2 large gold or russet potatoes
2 yellow onions
4 cups arugula
2 small red onions
1 pint grape tomatoes
3 cucumbers
4 cups romaine
1 pint cherry tomatoes
Fresh dill

Meat

4 eggs
5 servings eggs (per person)
2 pounds ground meat
1 pound ground pork
12 bone-in, skin-on chicken thighs
½ pound ground veal or beef
2 ½ pounds ground pork
2 pounds sea scallops
12 slices bacon
2 pounds bone-in, skin-on chicken legs

2 pounds salmon fillet
2 pounds boneless skinless chicken breast

Fruit

2 servings berries (per person)
Pint of blueberries
Frozen peaches
Frozen blueberries
16 ounces cranberries
2 oranges
10 lemons
Currants
Mango

Pantry

Olives
Collagen peptides
3 ounces tomato paste
Dry white wine
Canned pumpkin
Chestnuts
16 ounces green olives
Kalamata olives
Capers

WEEK 4+2 DAYS

Veggies

3 green salad (per person)
Cabbage (for sauerkraut)
4 carrots (2 for sauerkraut)
6 avocados
Spinach or kale (as a side)
2 red onions
4 red bell peppers
5 heads of cauliflower
3 scallions
2 large sweet potatoes
2 butternut squash
1 yellow onion
Fresh sage
2 heads of butter lettuce
1 pint cherry tomatoes
Cilantro
5 shallots
3 cups tomato
3 cucumbers
8 cups romaine
1 small onion
1 celery
1 carrot
1 large onion
Bok choy (as a side)
2 zucchini
Large red onion
4 small russet potatoes

- 8 cups arugula or dark leaf mix
- 3 cups artichoke heart
- 1 cup sundried tomatoes
- 12 baby portabella mushrooms
- 2 yellow onions
- Onion
- Fresh sage
- 1 head broccoli
- Red cabbage
- Fresh dill
- Fresh basil
- Fresh cilantro
- Fresh mint
- 6 cups baby spinach

Meat

- 12 slices of bacon
- 1 serving bacon (per person)
- 2 sausage links
- 20 eggs
- 2 servings eggs (per person)
- 2 large beef shanks (2 pounds)
- 2 pounds skirt steak
- 2 ½ pounds ground beef
- 3 ½ pounds ground pork
- ½ pound chicken livers
- 2 6 ounce cans salmon
- 1 pound wild scallops
- 2 boneless, skinless chicken breasts
- 1 pound Italian sausage or ground pork
- 1 pound ground turkey or chicken
- 2 pounds bone-in, skin-on chicken
- 3 pounds ground meat

Fruit

- 2 servings melon (per person)
- 4 oranges
- 7 limes
- Pineapple
- 6 apples
- 5 lemons
- 3 green apples
- 2 green plantains
- Currants

Pantry

- Unsweetened shredded coconut
- Capers
- Pine nuts

WEEK 1

Veggies

- 1 large zucchini
- 10-12 large carrots (2 for sauerkraut)
- Cabbage (for sauerkraut)
- 4 avocados
- 5 green salad (per person)
- Mushrooms
- Chard
- 1 onion
- 2 bell peppers
- Cilantro
- 1 baking potato (per person)
- Spinach (as a side)
- Tomato
- 1 jalapeño pepper
- 2 cups sweet potatoes
- 2 onions
- 2 heads cauliflower
- 20 grape leaves (16 ounce jar)
- 2 cups basil or cilantro
- 4 large beets
- 1 fennel bulb
- 3 cucumbers
- Red onion
- 1 head broccoli
- Handful of string beans
- 2 green onion/scallions
- 1 head of romaine lettuce
- 1 pint cherry tomatoes
- Fresh dill
- Asparagus
- 2 bunches kale

Meat

- 19 eggs
- 2 servings eggs (per person)
- 12 bone-in, skin-on chicken thighs
- 1 pound ground meat
- 2 pounds flank steak
- 2 6-ounce cans salmon (per person)
- 1 ½ pounds ground bison
- 4 slices bacon
- 1 pound ground lamb
- 1 pound sole or white fish
- Smoked salmon (lox) (2 ounces per roll)
- 2 pounds skirt steak
- 2 pounds lamb stew meat
- Whole chicken

Fruit

- 3 servings cantaloupe (per person)
- 6 lemons
- 1 lime
- Raisins or currants
- 3 oranges

Pantry

- Olives
- Macadamia nuts
- Nori sheets
- Water chestnuts
- Sesame seeds
- Canned pumpkin

WEEK 2

Veggies

- 5 green salads (per person)
- 3 heads broccoli
- 16 large carrots (2 for sauerkraut)
- Cabbage (for sauerkraut)
- 4 avocados
- 1 sweet potato (per person)
- 3 cucumbers
- 4 small russet potatoes
- 3 bunches romaine hearts
- 2 head of butter or bibb lettuce
- 1 bell pepper
- 1 red cabbage
- 1 small onion
- 7 zucchini or yellow squash
- 2 cups basil or cilantro
- 2 onions
- 4 parsnips
- 2 cups kale
- 2 large Yukon gold potatoes
- 2 head cauliflower
- Pepperoncini
- 1 pound asparagus
- Cherry tomatoes
- 2 scallions
- 1 small onion
- 1 celery
- 1 large onion

Meat -

- 17 Eggs
- 2 servings eggs (per person)
- 2 boneless skinless chicken breast halves
- 8 slices bacon
- 1 pound ground turkey
- 1 ½ pound chicken livers
- 2 dozen shrimp
- 2 pounds pork tenderloin
- 2 ½ pound ground pork
- 2-3 pounds bone-in short ribs
- 2 oz pancetta
- 3 pounds bone in skin on chicken thighs
- 1 pound salmon
- 1 pound boneless skinless thighs
- 1 ½ pounds ground beef

Fruit

- 3 servings berries (per person)
- 2 servings cantaloupe (per person)
- 2 servings pineapple (per person)
- 1 lime
- 5 lemons
- 1 pomegranate
- 8 dates

Pantry

- Capers
- Coconut milk
- Unsweetened shredded coconut
- Tahini
- Canned pumpkin
- Almond butter
- 1 15-ounce can tomato sauce

WEEK 3

Veggies

- Cabbage (for sauerkraut)
- 4 carrots (2 for sauerkraut)
- Mushrooms
- 1 bunch chard
- 8 avocados
- 2 bunches chard or kale
- 3 bunches kale
- 7 green salads (per person)
- 2 bell peppers
- 3 large onions
- Diced tomatoes, fresh or canned
- Fresh basil
- Spaghetti squash
- 1 celery
- 3 heads cauliflower
- 2 pounds red or gold potatoes
- 2 heads of butter lettuce
- 2 large romanesco
- 2 large gold or russet potatoes
- 2 yellow onions
- 4 cups arugula
- 2 Small red onions
- 1 pint grape tomatoes
- 4 cups romaine
- 5 Cucumbers
- 1 pint cherry tomatoes
- Fresh dill

Meat

- 16 eggs
- 3 servings eggs (per person)
- 2 pounds ground meat
- 4 skinless chicken thighs
- 32 slices bacon
- ½ pound ground veal or beef
- 2 ½ pounds ground pork
- 2 pounds sea scallops
- 2 pounds bone in skin on chicken legs
- 2 pounds salmon fillet
- 2 pounds boneless skinless chicken breast

Fruit

- 4 servings pineapple (per person)
- 1 serving cantaloupe (per person)
- Frozen peaches
- Frozen blueberries
- Pint of blueberries
- 16 ounces cranberries
- 2 oranges
- 10 lemons
- Currants
- Mango

Pantry

- Collagen peptides
- 3 ounces tomato paste
- Dry white wine
- Chestnuts
- 16 ounces green olives
- Kalamata olives
- Capers
- Canned pumpkin

WEEK 4+2 DAYS

Veggies

- Cabbage (for sauerkraut)
- 2 red onions
- 5 large carrots (2 for sauerkraut)
- 2 red bell peppers
- Bell pepper
- 4 head of cauliflower
- Bok choy (as a side)
- Scallions
- Mushrooms
- Spinach
- 5 avocados
- Broccoli
- 3 cucumbers
- 2 green salad (per person)
- 2 large sweet potatoes
- 1 head of butter lettuce
- 1 pint cherry tomatoes
- Cilantro
- 3 shallots

Tomato
Butternut squash
1 small onion
1 celery
3 large onion
2 large zucchini
Large red onion
4 small russet potatoes
8 cups arugula or dark leaf mix
3 cup artichoke heart
1 cup sundried tomatoes
12 baby portabella mushrooms
2 yellow onions
6 cups baby spinach
Fresh sage
Scallions
1 head of butter lettuce
Red cabbage
Fresh dill
Fresh basil
Fresh cilantro
Fresh mint
4 large beets
2 fennel bulb

Meat

8 slices of bacon
2 servings bacon or sausage (per person)
2 sausage links
18 eggs
2 serving eggs (per person)
2 large beef shanks (2 pounds)
2 pounds skirt steak
1 ½ pounds ground beef
3 ½ pounds ground pork
1 ½ pounds chicken livers
1 pound wild scallops
2 boneless skinless chicken breast
1 pound Italian sausage or ground pork
1 pound ground turkey or chicken
2 pounds bone-in, skin-on chicken
3 pounds ground meat

Fruit

3 servings cantaloupe (per person)
2 servings pineapple (per person)
1 serving berries (per person)
4 oranges
5 limes
Pineapple
Apple
7 lemons
3 green apples
2 green plantains
Currants

Pantry

Unsweetened shredded coconut
Capers
Pine nuts

WEEK 1

Veggies

1 large zucchini
10-12 large carrots (2 for sauerkraut)
Cabbage (for sauerkraut)
4 avocados
5 green salads (per person)
Mushrooms
Chard
1 onion
2 bell peppers
Cilantro
1 baking potato (per person)
Spinach (as a side)
Tomato
1 jalapeño pepper
2 cups sweet potatoes
2 onions
2 heads cauliflower
20 grape leaves (16 ounce jar)
2 cups basil or cilantro
4 large beets
1 fennel bulb
3 cucumbers
Red onion
1 head broccoli
Handful of string beans
2 green onion/scallions
Head of romaine lettuce
1 pint cherry tomatoes
Fresh dill
Asparagus
2 bunches kale

Meat

19 eggs
2 servings eggs (per person)
12 bone-in, skin-on chicken thighs
1 pound ground meat
2 pounds flank steak
2 6 ounce cans salmon (per person)
1 ½ pounds ground bison
4 slices bacon
1 pound ground lamb
1 pound sole or white fish
Smoked salmon (lox) (2 oz per roll)
2 pounds skirt steak
2 pounds lamb stew meat
Whole chicken

Fruit

3 servings cantaloupe (per person)
6 lemons
1 lime
Raisins or currants
3 oranges

Pantry

Olives
Macadamia nuts
Nori sheets
Water chestnuts
Sesame seeds
Canned pumpkin

WEEK 2

Veggies

5 green salad (per person)
3 heads broccoli
16 large carrots (2 for sauerkraut)
Cabbage (for sauerkraut)
4 avocado
1 sweet potato (per person)
3 cucumbers
4 small russet potatoes
3 bunches romaine hearts
2 head of butter or bibb lettuce
1 bell pepper
1 red cabbage
1 small onion
7 zucchini or yellow squash
2 cups basil or cilantro
2 onions
4 parsnips
2 cups kale
2 large Yukon gold potatoes
2 head cauliflower
Pepperoncini
1 pound asparagus
Cherry tomatoes
2 scallions
1 small onion
1 celery
1 large onion

Meat -

17 Eggs
2 servings eggs (per person)
2 boneless, skinless chicken breast halves
8 slices bacon
1 pound ground turkey
1 ½ pounds chicken livers
2 dozen shrimp
2 pounds pork tenderloin
2 ½ pound ground pork
2-3 pounds bone-in short ribs
2 ounces pancetta
3 pounds bone-in, skin-on chicken thighs
1 pound salmon
1 pound boneless skinless thighs
1 ½ pounds ground beef

Fruit

- 3 servings berries (per person)
- 2 servings cantaloupe (per person)
- 2 servings pineapple (per person)
- 1 lime
- 5 lemons
- 1 pomegranate
- 8 dates

Pantry

- Capers
- Coconut milk
- Unsweetened shredded coconut
- Tahini
- Canned pumpkin
- Almond butter
- 1 15-ounce can tomato sauce

WEEK 3

Veggies

- Cabbage (for sauerkraut)
- 4 carrots (2 for sauerkraut)
- Mushrooms
- 1 bunch chard
- 8 avocados
- 2 bunches chard or kale
- 3 bunches kale
- 7 green salads (per person)
- 2 bell peppers
- 3 large onions
- Diced tomatoes, fresh or canned
- Fresh basil
- Spaghetti squash
- 1 celery
- 3 head cauliflower
- 2 pounds red or gold potatoes
- 2 heads of butter lettuce
- 2 large romanesco
- 2 large gold or russet potatoes
- 2 yellow onions
- 4 cups arugula
- 2 Small red onions
- 1 pint grape tomatoes
- 4 cups romaine
- 5 cucumbers
- 1 pint cherry tomatoes
- Fresh dill

Meat

- 16 eggs
- 3 servings eggs (per person)
- 2 pounds ground meat
- 4 skinless chicken thighs
- 32 slices bacon
- ½ pound ground veal or beef
- 2 ½ pounds ground pork
- 2 pounds sea scallops
- 2 pounds bone-in, skin-on chicken legs
- 2 pounds salmon fillet
- 2 pounds boneless skinless chicken breast

Fruit

- 4 servings pineapple (per person)
- 1 serving cantaloupe (per person)
- Frozen peaches
- Frozen blueberries
- Pint of blueberries
- 16 ounces cranberries
- 2 oranges
- 10 lemons
- Currants
- Mango

Pantry

- Collagen peptides
- 3 ounces tomato paste
- Dry white wine
- Chestnuts
- 16 ounces green olives
- Kalamata olives
- Capers
- Canned pumpkin

WEEK 4+2 DAYS

Veggies

- Cabbage (for sauerkraut)
- 2 red onions
- 5 large carrots (2 for sauerkraut)
- 2 red bell peppers
- Bell pepper
- 4 head of cauliflower
- Bok choy (as a side)
- Scallions
- Mushrooms
- Spinach
- 5 avocados
- Broccoli
- 3 cucumbers
- 2 green salad (per person)
- 2 large sweet potatoes
- 1 head of butter lettuce
- 1 pint cherry tomatoes
- Cilantro
- 3 shallots

Tomato
Butternut squash
1 small onion
1 celery
3 large onions
2 large zucchini
Large red onion
4 small russet potatoes
8 cups arugula or dark leaf mix
3 cup artichoke heart
1 cup sundried tomatoes
12 baby portabella mushrooms
2 yellow onions
6 cups baby spinach
Fresh sage
Scallions
1 head of butter lettuce
Red cabbage
Fresh dill
Fresh basil
Fresh cilantro
Fresh mint
4 large beets
2 fennel bulb

Meat

8 slices of bacon
2 servings bacon or sausage (per person)
2 sausage links
18 eggs
2 servings eggs (per person)
2 large beef shanks (2 pounds)
2 pounds skirt steak
1 ½ pounds ground beef
3 ½ pounds ground pork
1 ½ pounds chicken livers
1 pound wild scallops
2 boneless skinless chicken breast
1 pound Italian sausage or ground pork
1 pound ground turkey or chicken
2 pounds bone-in, skin-on chicken
3 pounds ground meat

Fruit

3 servings cantaloupe (per person)
2 servings pineapple (per person)
1 serving berries (per person)
4 oranges
5 limes
Pineapple
Apple
7 lemons
3 green apples
2 green plantains
Currants

Pantry

Unsweetened shredded coconut
Capers
Pine nuts

WEEK 1

Veggies

Cabbage (for sauerkraut)
10-12 large carrots (2 for sauerkraut)
5 green salads (per person)
Butternut squash
4 bunches kale
Asparagus
4 avocados
Tomato
Spinach
2 heads of broccoli
4 heads cauliflower
1 large zucchini
3 onions
2 bell peppers
Cilantro
1 jalapeño pepper
20 grape leaves (16 ounce jar)
2 cups basil or cilantro
3 cucumbers
Red onion
Handful of string beans
2 green onion/scallions
Head of romaine lettuce
1 pint cherry tomatoes
Fresh dill

Meat

4 slices bacon
2 servings bacon (per person)
12 eggs
2 servings eggs (per person)
2 6-ounce cans wild salmon (per person)
12 bone-in, skin-on chicken thighs
2 pounds flank steak
1 ½ pounds ground bison
1 pound ground lamb
1 pound sole or white fish
Smoked salmon (lox) (2 ounces per roll)
2 pounds skirt steak
2 pounds lamb stew meat
Whole chicken

Fruit

8 lemons
2 servings berries (per person)
Raisins or currants
1 lime
2 oranges

Pantry

Olives
Macadamia nuts
Nori sheets
Water chestnuts
Sesame seeds

WEEK 2

Veggies

Cabbage (for sauerkraut)
6 large carrots (2 for sauerkraut)
3 bunch of kale
2 heads of broccoli
2 bunches of spinach
4 heads of cauliflower
5 green salad (per person)
3 bunches romaine hearts
2 head of butter or bibb lettuce
Red bell pepper
Yellow bell pepper
1 bell pepper
3 cucumbers
1 red cabbage
1 large onion
2 onions
8 portabella buns
Lettuce and tomato (for burger)
7 zucchini or yellow squash
2 cups basil or cilantro
3 avocados
Jalapeño
Jicama
Shallots
8 parsnips
2 scallions
Pepperoncini
1 pound asparagus
Cherry tomatoes
2-3 large daikon radishes (app. 3 pounds)

Meat

16 eggs
2 servings eggs (per person)
4 slices bacon
2 servings bacon (per person)
2 boneless skinless chicken breast halves
1 pound ground turkey
1 ½ pounds ground meat
2 dozen shrimp
1 pound shrimp
2 pounds pork tenderloin
1 pound ground pork
2-3 pounds bone-in short ribs
2 oz pancetta
3 pounds bone-in, skin-on chicken thighs
1 pound salmon

1 pound boneless, skinless thighs
1 pound tuna steaks

Fruit

4 servings berries (per person)
2 limes
6 lemons
1 pomegranate
4 dates

Pantry

Capers
1 15-ounce can tomato sauce
Olives

WEEK 3

Veggies

Cabbage (for sauerkraut)
4 large carrots (2 for sauerkraut)
2 bunches spinach
6 avocados
6 green salad (per person)
3 bunches kale
2 bunch spinach or kale
2 bell peppers
3 large onions
2 yellow onions
Diced tomatoes, fresh or canned
Fresh basil
Spaghetti squash
1 celery
3 head cauliflower
1 head broccoli
4 parsnips
2 pounds red or gold potatoes
2 heads of butter lettuce
2 large romanesco
4 cups arugula
4 cups romaine
1 pint cherry tomatoes
2 Small red onions
1 pint grape tomatoes
4 cucumbers
Fresh dill

Meat

12 eggs
3 servings eggs (per person)
2 pounds ground meat
4 skinless chicken thighs
24 slices bacon
½ pound ground veal or beef
3 ½ pounds ground pork
2 pounds sea scallops
8 slices Bacon
2 pounds bone-in, skin-on chicken legs

2 pounds salmon fillet
2 pounds boneless skinless chicken breast

Fruit

5 servings berries (per person)
10 lemons
Orange
Currants
Mango

Pantry

Olives
3 ounces tomato paste
Dry white wine
Chestnuts
16 ounces green olives
Kalamata olives

WEEK 4+2 DAYS

Veggies

Cabbage (for sauerkraut)
6 large carrots (2 for sauerkraut)
3 bunches kale
3 green salad (per person)
10 avocados
3 red onions
2 red bell peppers
2 bell peppers
5 head of cauliflower
3 scallions
2 large sweet potatoes
1 pound Brussels sprouts
2 head of butter lettuce
1 pint cherry tomatoes
Cilantro
4 shallots
Tomato
3 cucumbers
8 cups romaine
1 cup tomato
1 small onion
1 celery
1 large onion
Bok choy (as a side)
3 zucchini
4 small russet potatoes
8 cups arugula or dark leaf mix
3 cup artichoke heart
1 cup sundried tomatoes
12 baby portabella mushrooms
2 yellow onions
6 cups baby spinach
1 head broccoli
Red cabbage
Fresh dill
Fresh basil

Fresh cilantro
Fresh mint

Meat

33 eggs
2 servings eggs (per person)
12 slices of bacon
6 servings bacon (per person)
2 sausage links
2 large beef shanks (2 pounds)
2 pounds skirt steak
2 ½ pounds ground beef
2 ½ pounds ground pork
½ pound chicken livers
2 6-ounce cans salmon
1 pound wild scallops
2 boneless skinless chicken breast
1 pound Italian sausage or ground pork
1 pound ground turkey or chicken
1 pound ground meat
2 pounds bone-in, skin-on chicken
3 pounds ground meat

Fruit

5 servings berries (per person)
3 oranges
7 limes
5 lemons
3 green apples
Currants

Pantry

Olives
Capers
Pine nuts

WEEK 1

Veggies

- 1 large zucchini
- 12 large carrots (2 for sauerkraut)
- Cabbage (for sauerkraut)
- 2 jalapeño (1 optional for sauerkraut)
- 5 green salads (per person)
- Baking potato (per person)
- 2 bell peppers
- 3 avocados
- Spinach
- 3 onions
- 2 cauliflower heads
- 20 grape leaves (16 ounce jar)
- 2 cups basil or cilantro
- Nori sheets
- 4 cucumbers
- Red onion
- Broccoli head
- String beans
- Green onion/scallions
- Head of romaine lettuce
- Cherry tomatoes
- 3 bunches of kale
- Asparagus
- 4 sweet potatoes

Meat

- 2 dozen eggs
- 1 pound of bacon
- 12 bone-in, skin-on chicken thighs
- 2 pounds flank steak
- 2 6 ounce cans salmon
- 1 ½ pounds ground bison
- 1 pound ground lamb
- 1 pound sole or white fish
- Smoked salmon (lox) (2 ounces per roll)
- 2 pounds skirt steak
- 1 pound ground meat of choice
- 2 pounds lamb stew meat
- Whole chicken

Fruit

- 8 lemons
- Raisins or currants
- 1 lime
- 1 orange

Pantry

- Sesame seeds
- Canned Pumpkin
- Water chestnuts
- Pickles

WEEK 2

Veggies -

- 2 heads broccoli
- 5 green salads (per person)
- Cabbage (for sauerkraut)
- 14 carrots (2 for sauerkraut)
- 1 baking potato (per person)
- 1 sweet potato (per person)
- 4 small russet potatoes
- 3 bunches romaine hearts
- 2 head of butter or bibb lettuce
- 3 bell peppers
- 3 cucumbers
- 1 red cabbage
- 1 large onion
- 8 portabella buns
- Lettuce and tomato (for burger)
- 7 zucchini or yellow squash
- 2 cups basil or cilantro
- Jalapeño
- Jicama
- Shallots
- 3 avocados
- 3 green onions (scallions)
- 2 cups kale
- 2 large Yukon gold potatoes
- 1 head cauliflower
- Pepperoncini
- 1 pound asparagus
- Cherry tomatoes
- 2-3 large daikon radishes (app. 3 pounds)

Meat

- 15 eggs
- 2 servings eggs (per person)
- 4 slices bacon
- 1 serving bacon (per person)
- 2 boneless, skinless chicken breast halves
- 1 pound ground turkey
- 1 ½ pounds ground meat
- 2 dozen shrimp
- 1 pound shrimp
- 2 pounds boneless pork tenderloin
- 1 pound ground pork
- 2-3 pounds bone-in short ribs
- 2 ounces pancetta
- 3 pounds bone-in, skin-on chicken thighs
- 1 pound salmon
- 1 pound boneless, skinless thighs
- 1 pound tuna steaks

Fruit

- 1 serving berries (per person)
- 2 limes
- Pineapple
- 8 dates
- 5 lemons

Pantry

- Capers
- 15 ounce can tomato sauce

WEEK 3

Veggies

- 2 bunches spinach or kale
- 7 avocados
- 6 green salads (per person)
- Cabbage (for sauerkraut)
- 4 carrots (2 for sauerkraut)
- 2 bell peppers
- 3 large onions
- Diced tomatoes, fresh or canned
- Fresh basil
- Spaghetti squash
- 1 celery
- 2 bunches kale
- 2 large gold or russet potatoes
- 3 head cauliflower
- 2 pounds red or gold potatoes
- 2 heads of butter lettuce
- 2 large romanesco
- 2 yellow onions
- 2 small red onions
- 1 pint grape tomatoes
- 3 cucumbers
- 4 cups arugula
- 4 cups romaine
- 1 pint cherry tomatoes
- Fresh dill

Meat

- 16 eggs
- 3 servings eggs (per person)
- 32 slices bacon
- 3 pounds ground meat
- 4 skinless chicken thighs
- ½ pound ground veal or beef
- 2 ½ pounds ground pork
- 2 pounds sea scallops
- 2 pounds bone-in, skin-on chicken legs
- 2 pounds salmon fillet
- 2 pounds boneless, skinless chicken breast

Fruit

- Frozen peaches
- Frozen blueberries
- Pint of blueberries
- 16 ounces cranberries
- 2 orange
- 10 lemons
- Currants
- Mango

Pantry

- Olives
- 3 ounces tomato paste
- Dry white wine
- Chestnuts
- Canned pumpkin
- 16 ounces green olives
- Kalamata olives

WEEK 4 + 2 DAYS

Veggies

- 3 red onions
- 4 carrot (2 for sauerkraut)
- Cabbage (for sauerkraut)
- 5 red bell peppers
- 5 head of cauliflower
- 1 head broccoli
- 2 scallions
- 2 large sweet potatoes
- 2 butternut squash
- 3 yellow onion
- Fresh sage
- 2 head of butter lettuce
- 1 pint cherry tomatoes
- Cilantro
- 4 avocados
- 4 shallots
- 3 cups tomato
- 2 cucumbers
- 8 cups romaine
- 1 small onion
- 1 celery
- 1 large onion
- Bok choy (as a side)
- 2 zucchini
- 4 small russet potatoes
- 8 cups arugula or dark leaf mix
- 2 cup artichoke heart
- 1 cup sundried tomatoes
- 12 baby portabella mushrooms
- Red cabbage
- Fresh dill
- Fresh basil
- Fresh cilantro
- Fresh mint
- 6 cups baby spinach

Meat

- 20 eggs
- 2 serving eggs (per person)
- 12 slices of bacon
- 4 servings bacon (per person)
- 2 sausage links
- 2 large beef shanks (2 pounds)
- 2 pounds skirt steak
- 2 ½ pound ground beef
- 2 ½ pounds ground pork
- ½ pound chicken livers
- 2 6 ounce cans salmon
- 1 pound wild scallops
- 2 boneless skinless chicken breast
- 1 pound Italian sausage or ground pork
- 2 pound ground meat
- 1 pound ground turkey or chicken
- 2 pounds bone-in, skin-on chicken
- 2 pounds ground meat

Fruit

- 4 oranges
- 7 limes
- Pineapple
- Apple
- 5 lemons
- 3 green apples
- 2 green plantains
- Currants

Pantry

- Unsweetened shredded coconut
- Capers
- Pine nuts

WEEK 1

Veggies

- 1 large zucchini
- 8-10 large carrots
- 2 avocados
- 5 green salads (per person)
- Chard
- 1 onion
- 2 bell peppers
- Cilantro
- 1 baking potato (per person)
- Spinach (as a side)
- Tomato
- 1 jalapeño pepper
- 2 cups sweet potatoes
- 2 onions
- 2 head cauliflower
- 20 grape leaves (16 ounce jar)
- 2 cups basil or cilantro
- 3 cucumbers
- Red onion
- 1 head broccoli
- Handful of string beans
- 2 green onion/scallions
- Head of romaine lettuce
- 1 pint cherry tomatoes
- Fresh dill
- Asparagus
- 2 bunches kale
- Butternut squash
- 1 sweet potato (per person)

Meat

- 19 Eggs
- 2 servings eggs (per person)
- 12 bone-in, skin-on chicken thighs
- 1 pound ground meat
- 2 pounds flank steak
- 2 6-ounce cans salmon (per person)
- 1 ½ pounds ground bison
- 4 slices bacon
- 1 serving bacon per person
- 1 pound ground lamb
- 1 pound sole or white fish
- Smoked salmon (lox) (2 ounces per roll)
- 2 pounds skirt steak
- 2 pounds lamb stew meat
- Whole chicken

Fruit

- 3 servings mango (per person)
- 2 servings berries (per person)
- 1 serving strawberries (per person)
- 6 lemons
- 1 lime
- Raisins or currants
- 3 oranges

Pantry

- Olives
- Macadamia nuts
- Nori sheets
- Water chestnuts
- Sesame seeds
- Canned pumpkin

WEEK 2

Veggies

- 5 green salads (per person)
- 4 heads broccoli
- 18 large carrots
- 3 avocado
- 1 sweet potato (per person)
- 1 baking potato (per person)
- 5 cucumbers
- 4 small russet potatoes
- 3 bunches Romaine hearts
- 1 head of butter or bibb lettuce
- 1 bell pepper
- 1 red cabbage
- 1 small onion
- 7 zucchini or yellow squash
- 2 cups basil or cilantro
- 2 cups kale
- 2 large Yukon gold potatoes
- 1 head cauliflower
- Pepperoncini
- 1 pound asparagus
- 2 green onions (scallions)
- 1 large onion
- 8 portabella buns
- Lettuce and tomato (for burger)
- Jalapeño
- Red bell pepper
- Yellow bell pepper
- Jicama
- Shallots
- 2-3 large daikon radishes (app. 3 pounds)

Meat

- 15 eggs
- 2 servings eggs (per person)
- 2 boneless skinless chicken breast halves
- 4 slices bacon
- 1 serving bacon (per person)
- 1 pound ground turkey
- 1 pound chicken livers
- 2 dozen shrimp
- 2 pounds boneless pork tenderloin
- 1 pound ground pork
- 2-3 pounds bone-in short ribs
- 2 ounces pancetta
- 3 pounds bone-in, skin-on chicken thighs
- 1 pound salmon
- 1 ½ pounds ground meat
- 1 pound shrimp
- 1 pound tuna steaks

Fruit

- 2 servings berries (per person)
- 4 servings strawberries (per person)
- 2 lime
- 7 lemons
- 8 dates
- Pineapple

Pantry

- Capers
- Coconut milk
- Unsweetened shredded coconut
- Tahini
- Canned pumpkin
- Almond butter
- 1 15-ounce can tomato sauce

WEEK 3

Veggies

- 4 carrots
- Bunch of spinach
- 8 avocados
- 1 sweet potato (per person)
- 1 baking potato (per person)
- 2 bunches spinach or chard
- 3 bunches kale
- 6 green salads (per person)
- 2 bell peppers
- 3 large onions
- Diced tomatoes, fresh or canned
- Fresh basil
- Spaghetti squash
- 1 celery
- 2 pounds red or gold potatoes
- 2 heads of butter lettuce
- 2 large romanesco
- 2 large gold or russet potatoes

- 2 yellow onions
- 8 cups arugula
- 2 small red onions
- 1 pint grape tomatoes
- 5 cucumbers
- 4 cups romaine
- 1 pint cherry tomatoes
- Fresh dill

Meat

- 16 eggs
- 3 servings eggs (per person)
- 2 pound ground meat
- 4 skinless chicken thighs
- 32 slices bacon
- ½ pound ground veal or beef
- 2 ½ pounds ground pork
- 2 pounds sea scallops
- 2 pounds bone-in, skin-on chicken legs
- 2 pounds salmon fillet
- 2 pounds boneless skinless chicken breast

Fruit

- 2 servings berries (per person)
- 2 servings mango (per person)
- Frozen peaches
- Frozen blueberries
- Pint of blueberries
- 16 ounces cranberries
- 2 oranges
- 10 lemons
- Currants
- Mango

Pantry -

- Collagen peptides
- 3 ounces tomato paste
- Dry white wine
- Chestnuts
- 16 ounces green olives
- Kalamata olives
- Capers
- Canned pumpkin

WEEK 4+2 DAYS

Veggies

- 2 red onions
- 5 large carrots
- 2 red bell peppers
- 2 bell peppers
- 5 head of cauliflower
- Bok choy (as a side)
- Scallions
- Spinach
- 6 avocados
- 2 heads broccoli

3 cucumbers
3 green salads (per person)
2 large sweet potatoes
2 heads of butter lettuce
1 pint cherry tomatoes
Cilantro
4 shallots
Tomato
2 butternut squash
1 small onion
1 celery
2 large onions
2 large zucchinis
Large red onion
4 small russet potatoes
8 cups arugula or dark leaf mix
3 cups artichoke hearts
1 cup sundried tomatoes
12 baby portabella mushrooms
2 yellow onions
6 cups baby spinach
Fresh sage
2 scallions
Red cabbage
Fresh dill
Fresh basil
Fresh cilantro
Fresh mint
8 cups romaine
1 cup tomato
1 yellow onion

Meat

12 slices of bacon
2 servings bacon (per person)
2 servings bacon or sausage (per person)
2 sausage links
20 eggs
2 servings eggs (per person)
2 large beef shanks (2 pounds)
2 pounds skirt steak
1 ½ pounds ground beef
3 ½ pounds ground pork
½ pound chicken livers
1 pound wild scallops
2 boneless skinless chicken breasts
1 pound Italian sausage or ground pork
1 pound ground turkey or chicken
2 pounds bone-in, skin-on chicken
3 pounds ground meat
2 6-ounce cans salmon
1 pound ground beef

Fruit

1 serving mango (per person)
5 servings berries (per person)
4 oranges
7 limes
Pineapple
Apple
5 lemons
3 green apples
2 green plantains
Currants

Pantry

Unsweetened shredded coconut
Capers
Pine nuts