

Week 1 - Shopping List

Please Note: The amounts of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided can be doubled or tripled as necessary. If you are cooking for yourself, you may also have to adjust some of the recipes (and what you purchase) accordingly.

Basic Items – Probably won't have to get these again for month

MCT oil	Dijon mustard
Extra virgin olive oil (select a good quality oil)	Fish sauce
Organic coconut oil	Pink Himalayan salt (the kind that comes in a grinder)
Electrolyte drinks, sugar-free	Pepper corns
Coffee, regular & decaf	
Tea, herbal & regular	
Stevia sweetener, liquid and/or concentrated powder form (do not use granular)	
Coconut aminos or tamari sauce, 1 bottle	
Apple cider vinegar	
Balsamic vinegar, good quality	
Boxed organic chicken broth	
Full fat, sugar free mayonnaise	
Sugar free BBQ sauce	
Turmeric	
Curry powder	
Garlic powder	
Onion powder	
Ground cumin	
Ground coriander	
Ground cardamom	
Dried Thyme	
Dried oregano	
Dried basil	
Bay Leaf	
Sugar-free ketchup	

Vegetables & Fruit

Fresh ginger, small root
1 bunch celery
1 ripe tomato
1 jalapeño pepper
3 - 4 Hass avocado (various stages of ripeness)
Mixed greens, large bag (already washed)
1 head romaine lettuce
1 bag baby spinach leaves (washed)
1 head cauliflower
Flat leaf parsley, small bunch
Cilantro, small bunch
1 bag cooking onions
1 lb asparagus spears
Fresh Mushrooms, 5 or 6
2 zucchini, small size
1 garlic bulb
1 pint Zima (or other) cherry tomatoes
1 bunch green onions
1 red onion
2 lemons

Meats & Seafood

4 - 5 lb Whole chicken
4 ham slices (choose baked style ham from the deli section), sliced thinly
6 slices, your choice of ham, prosciutto, turkey or chicken deli meat, sliced thinly

20 large shrimp, shell removed & tail on
3 large sized Italian Sausages (mild or hot)
4 thigh & leg chicken quarters
1 lb beef round or stewing beef
1 lb Bacon (naturally smoked without sugar)
1 lb Medium ground beef (hamburger)

Other Items

2 cans tuna (in oil)
1 container of oil cured Mediterranean style black olives
1 small bottle of sun-dried tomato slices (in oil)
1 can coconut cream
2 or 3 cans coconut milk (full fat)
1 can tomato paste, no sugar
1 can tomato sauce, no sugar

Dairy Section

2 dozen large size eggs
1 qt heavy cream
2 lb grass fed, organic butter