

Squeaky Clean Paleo: Week 1

Vegetables

- 1 large zucchini
- 8 carrots* (2 carrots are for the sauerkraut)
- 10-12 oz. of mixed greens
- 3 bunches of kale
- 10-12 oz. of spinach
- 3 onions
- 2 green onions
- 1 red onion
- 2 bell peppers
- 2 large beets
- 1 bulb of fennel
- 2 large tomatoes
- 1 pint of cherry tomatoes
- 2 sweet potatoes
- 1 bunch of asparagus
- 2 heads of cauliflower
- 1 16-ounce jar of grape leaves
- 1 package of artichoke hearts
- 1 beet
- 1 butternut squash
- 1 package of toasted nori (seaweed)
- 2 avocados
- 1 bunch of broccoli
- 1 large handful of string beans
- 1 head of romaine lettuce
- 2 cucumbers
- 8 sunchoke
- 4 parsnips
- 1 large head of green cabbage*

Fruits

- 6 lemons
- 2 oranges (save zest from one)
- 1 persimmon

Meat, Seafood & Eggs

- 3 dozen eggs
- 1 lb. of bacon
- 12 bone-in, skin-on chicken thighs
- 1 1/2 - 2 lbs. flank steak
- 2 large turkey legs
- 1 lb. ground lamb
- 1 lb. lemon sole or other white fish
- 12 ounces wild smoked salmon (lox)
- 1 lb. skirt steak
- 1/2 lb. ground pork or package pre-made sausage
- 1 lb. lamb stew meat
- 1 whole chicken

* This meal plan also calls for raw sauerkraut (Recipe on page 238) this takes 2-3 weeks to ferment if you wish to begin this meal plan now you can sub out a jar of store bought sauerkraut.

Note: Lists are for approx. 2 people. Shopping lists are for fresh items only. Please refer to corresponding pantry lists for dry/non-perishable ingredients.

Squeaky Clean Paleo: Week 2

Vegetables

- 1 large zucchini
- 4 yellow squash
- 13 large carrots
- 2 heads of butter lettuce
- 2 heads of red cabbage
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 4 parsnips
- 1 head of broccoli
- 10-12 oz. of spinach
- 2 onions
- 1 bunch of green onions
- 4 bell peppers (assorted colors)
- 2 large beets
- 1 bulb of fennel
- 1 pint of cherry tomatoes
- 1 package of artichoke hearts
- 1 package of brussel sprouts
- 2-3 daikon radishes
- 1 avocado
- 3 cucumbers

Fruits

- 4 lemons
- 3 lime
- 2 oranges
- 1 pomegranate
- 1 mango

Meat, Seafood & Eggs

- 3 dozen eggs
- 3 lb. of bacon
- 1 lb. boneless, skinless chicken thighs
- 1 lb. wild tuna steaks
- 2 lb. ground turkey
- 3 dozen large shrimp
- 2 pork tenderloins
- 2-3 lbs. of bone-in beef short ribs
- 6 chicken legs
- 1 lb. wild salmon

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Squeaky Clean Paleo: Week 3

Vegetables

- 5-6 oz. of spinach
- 10-12 oz. of mixed greens
- 5 avocado
- 5 bell peppers
- 4 large onions
- 1 large tomato
- 3 beets
- 1 pint of mushrooms
- 2 red onions
- 1 spaghetti squash
- 2 carrots
- 1 bunch of celery
- 1 12 oz. can of tomato paste
- 2 bunches of kale
- 1 head of cauliflower
- 2 large heads of romanesco
- 2 large sweet potatoes
- 1 head of red cabbage
- 1 bunch of green onions
- 2 large cucumbers
- 2 zucchini
- 1 pint of cherry tomatoes
- 1 head romaine lettuce

Fruits

- 1 blood orange
- 2 oranges
- 1 pint of fresh or 1 frozen cherries
- 1 green apple
- 3 lemons

Meat, Seafood & Eggs

- 3-4 dozen eggs
- 2 lb. ground beef
- 4 bone-in, skinless chicken thighs
- 3 lb. of bacon
- 1/2 lb. ground veal
- 3 lbs. ground pork
- 1 lb. lemon sole or any white fish
- 2 duck legs
- 12 ounces wild smoked salmon
- 1 lb. lamb stew meat

Note: Lists are for approx. 2 people. Shopping lists are for fresh items only. Please refer to corresponding pantry lists for dry/non-perishable ingredients.

Squeaky Clean Paleo: Week 4 + 2 days

Vegetables

5 zucchini
2 carrots
4 large sweet potatoes
2 butternut squash
2 large onions
3 pints of cherry tomatoes
5 avocado
1 acorn squash
2 bell peppers
6 shallots
2 jalapeno peppers
15-18 oz. of mixed greens
1 bunch of green onions
10-12 tomatillos
1 bunch of asparagus
1 dozen baby Portobello mushrooms
2 bags of spinach
1 lb. fresh green beans
2 large tomatoes
1 package of artichoke hearts
1 container of capers
1 large bunch of broccoli
1 large head of cauliflower
3-4 inches of fresh saved horseradish

Fruits

2 oranges (save zest from one)
7 limes
1 pineapple (save half for salsa on day 23)
1 persimmon
2 lemons

This week calls for 24 ounces Bone Broth – if you don't already have some prepared, pick up 2lbs beef or other bones from the butcher. (Recipe on page 234)

Meat, Seafood & eggs

2 6-ounce cans of tuna
3 dozen eggs
4 lb. of bacon
6 beef shanks
1 lb. ground beef
2 lb. ground pork
1 lb. ground bison
4 6-ounce cans of wild salmon
1 lb. large wild scallops
2-3 lbs. wild jumbo or colossal shrimp
2 lbs. beef marrow bones
1 lb. ground lamb
2 lbs. bone-in, skin-on chicken

+ 2 days**Vegetables**

3 onions
5 large carrots
5-6 oz. bag spinach
10-12 oz. of mixed greens
1 bunch of kale
1 cucumber
2 avocados
1 head Savoy cabbage
1 head of cauliflower
1 32-ounce can crushed or diced tomatoes
1 32-ounce can whole peeled plum tomatoes

Fruits

3 large green apples
15-16 ounces fresh cranberries
1 lemon

Meat, Seafood & eggs

1 dozen eggs
½ lb. bacon
1 lb. ground pork
4 lbs. lamb roast

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