

Mediterranean **PALEO COOKING**

Over 150 Fresh Coastal Recipes for a Relaxed, Gluten-Free Lifestyle



pantry list

HERBS & SPICES

- Fine sea salt
- Ground cinnamon
- Cinnamon sticks
- Garlic powder
- Dried ground thyme
- Ground ginger
- Dried basil
- Bay leaves
- Dried savory
- Ground marjoram
- Dried oregano leaves
- Dried ground sage
- Dried rosemary leaves
- Ground caraway
- Ground coriander
- Dried mint leaves
- Dried ground oregano
- Ground turmeric

FAT, OILS & VINEGARS

- Coconut oil
- Duck Fat
- Extra-virgin olive oil
- Sustainable palm shortening
- Beef tallow
- Apple cider vinegar

NUTS, SEEDS & DRIED FRUIT

- Dried apricots
- Golden raisins
- Ground chia seeds
- Prunes
- Dried figs

CANNED & JARRED

- Canned full fat coconut milk
- Canned, artichoke hearts
- Green and black olives (pitted)
- Canned pumpkin
- Sardines (packed in olive oil or water)
- Capers

FLOURS AND BAKING ITEMS

- Grass-fed beef gelatin
- Coconut flour
- Tapioca flour
- Baking soda
- Vanilla extract (gluten-free)
- Ground golden flax seeds
- Arrowroot flour
- Shredded coconut

SAUCES, SWEETENERS & SPECIALTY ITEMS

- Dijon mustard (gluten-free)
- Honey
- Rose water
- Orange blossom water
- Sumac
- Filtered water

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shopping list

week 1

HERBS & SPICES

- 3 bunches of fresh cilantro
- 1 package of saffron
- 3 bunches of fresh parsley
- 6 bunches of fresh mint leaves
- 1 package of fresh thyme

FRESH VEGETABLES

- 2 heads of garlic
- 1 package of whole white mushrooms (8 oz)
- 1-2 packages of sliced mushrooms (about 16 oz)
- 6 medium white onions
- 3 medium red onions
- 2 large heads cauliflower
- 10 medium sweet potatoes
- 1 large handful or one small bag of green beans (4 oz)
- 2 heads romaine lettuce
- 9 medium zucchini
- 2 large bags or bunches of arugula (about 20 oz)
- 8-10 large carrots
- 3 medium turnips
- 2 tablespoons capers, rinsed and drained
- 1 bunch of shallots
- 1 bunch of scallions
- 1 bunch of celery
- 1 bulb of fresh ginger

FROZEN ITEMS

- 1 bag of frozen artichoke hearts

FRUIT

- 2 medium apricots
- 2 large navel oranges
- 10 lemons
- 1 cup pomegranate seeds
- 3 medium bananas

MEAT, SEAFOOD & EGGS

- 1 pound ground meat of choice
- 1 pound ground lamb or beef
- 1 (2-pound) rack of lamb
- 1 pound ground beef
- 1 ½ pounds ground beef heart
- 3 pounds beef bones (for bone broth)
- 1 pound boneless chicken breast or thighs, cubed
- 2 whole (5-pound) chickens
- 3 pounds chicken bones (for bone broth)
- ½ pound raw tuna fillet
- 2 (4-oz) cans sardines packed in olive oil or water
- 1 pound wild shrimp, peeled and deveined
- 4 oz calf's liver

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shopping list

week 2

HERBS & SPICES

- 5 bunches of fresh parsley
- 7 bunches of fresh cilantro
- 1 package of saffron
- 2 packages of fresh mint
- 1 bunch of basil
- 1 large package of fresh thyme
- 1 small package of fresh dill

FRESH VEGETABLES

- 3 heads of garlic
- 3 large heads of cauliflower
- 1 medium butternut squash
- 3 medium zucchini
- 4 medium sweet potatoes
- 2 very ripe plantains
- 1 bunch of scallions
- 4 large bags or bunches of arugula
- 1 medium red onion
- 6 medium white onion
- 3 shallots
- 1 pound green beans
- 5 medium red beets
- 14 medium carrots
- 2 servings of cut raw vegetables
- 3 medium cucumbers
- 2 bunches of celery

FRUIT

- 11 lemons
- 3 limes
- 2 cups of pomegranate seeds
- 2 oranges

FROZEN ITEMS

- 1 bag of frozen blueberries (about 2 cups)

MEAT, SEAFOOD & EGGS

- 1 pound ground meat of choice
- 1 pound beef tongue (1 tongue)
- 3 pounds beef bones (for broth)
- 1 pound beef or lamb heart (cut into 1-inch cubes)
- 1 ½ pounds ground lamb
- 2 ½ pounds lamb stew meat (preferably on the bone)
- 1 pound chicken livers
- 1 whole (5-pound) chicken
- 3 pounds chicken bones (for broth)
- 1 pound cooked crabmeat
- 4 (5-oz) wild salmon fillets (skin on)
- 2 pounds mussels, cleaned
- 3 pounds fish bones or heads (for broth)

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shopping list

week 3

HERBS & SPICES

- 5 bunches of fresh cilantro
- 1 bunch of fresh chives
- 3 bunches of fresh parsley
- 2 medium fennel bulbs
- 1 small package of fresh thyme

FRESH VEGETABLES

- 2 heads of garlic
- 5 medium white onions
- 1 red onion
- 12 medium turnips
- 11 medium carrots
- 4 medium zucchini
- 1 head butter lettuce
- 1 small jicama
- 2 medium sweet potatoes
- 1 package of sliced mushrooms (about 8 oz)
- 1 head of cabbage
- 1 medium head cauliflower
- 2 bunches of celery

FROZEN ITEMS

- 1 package of frozen blueberries

FRUIT

- 1 mandarin orange
- 1 ½ cup pomegranate seeds
- 2 oranges
- 6 lemons
- 2 medium apricots

MEAT, SEAFOOD & EGGS

- 5 pounds lamb or beef stew meat (preferably on the bone)
- 1 (whole, head-on) white fish, such as haddock, cod, or snapper (about 4 to 5 pounds)
- 1 (5-pound) bone-in leg of lamb
- 1 pound beef stew meat
- 2 pounds ground beef
- 1 whole (5-pound) duck
- 12 oz cooked crabmeat
- 12 oz smoked salmon (thinly sliced)
- 1 pound ground lamb or beef
- 1 pound boneless chicken thighs
- 3 pounds beef bones (for broth)

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shopping list

week 4

HERBS & SPICES

- 2 bunches of fresh basil
- 9 bunches of fresh cilantro
- 4 large bunches of fresh mint
- 7 bunches fresh parsley
- 2 packages of saffron
- 1 package of fresh thyme

FRESH VEGETABLES

- 2-3 large bags or bunches of arugula (about 16 cups)
- 3-4 packages of whole white mushrooms (about 24 oz)
- 9 medium red beets
- 20 medium carrots
- 2 bunches of shallots
- 5 large heads cauliflower
- 11 medium white onions
- 1 bunch of celery
- 3 heads of garlic
- 3 red onions
- 1 medium head of cabbage
- 1 large cucumber
- 2 large heads of romaine lettuce
- 2 bunches of celery
- 1 medium butternut squash
- 3 medium zucchini, sliced
- 4 medium sweet potatoes
- Burger toppings of your choice

FROZEN ITEMS

- 1 small package of frozen peas

FRUIT

- 13 oranges
- 11 lemons
- 2 limes
- 1 cup pomegranate seeds
- 2 medium apricots (pitted)

MEAT, SEAFOOD & EGGS

- 1 pound ground meat of choice
- 4 (6-oz) top sirloin steaks
- 1 pound ground beef
- 3 pounds oxtail pieces
- 4 oz calf's liver
- 3 pounds beef bones (for broth)
- 1 pound ground lamb or beef
- 1 pound lamb or beef stew meat
- 1 (2-pound) rack of lamb
- 2 whole (5-pound) chicken
- 2 pounds (boneless, skinless) chicken thighs
- 3 pounds chicken bones (for broth)
- 8 oz mussels
- 2 pounds of wild shrimp
- 6 oz calamari rings
- 4 (5-oz) wild salmon fillets
- Burger toppings of your choice

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HERBS & SPICES

- Fine sea salt
- Ground black pepper
- Ground cumin
- Chili powder
- Ground cinnamon
- Ground nutmeg
- Paprika
- Garlic powder
- Dried ground thyme
- Ground ginger
- Dried basil
- Bay leaves
- Black peppercorns
- Dried savory
- Ground marjoram
- Dried oregano leaves
- Dried ground sage
- Dried rosemary leaves
- Dried red chili peppers
- Ground caraway
- Ground coriander
- Dried mint leaves
- Dried ground oregano
- Ground star anise
- Dry mustard
- Dried allspice
- Ground turmeric
- Cinnamon sticks

FAT, OILS & VINEGARS

- Ghee
- Coconut oil
- Duck Fat
- Extra-virgin olive oil
- Sustainable palm shortening
- Beef tallow
- Apple cider vinegar

CANNED & JARRED

- Canned full fat coconut milk
- Canned, artichoke hearts
- Tomato paste
- Green and black olives (pitted)
- Canned pumpkin
- Sardines (packed in olive oil or water)
- Capers
- Canned diced tomatoes

NUTS, SEEDS & DRIED FRUIT

- Sliced almonds
- Pine nuts
- Dried apricots
- Golden raisins
- Ground chia seeds
- Cashew butter or sunbutter
- Sesame seeds
- Prunes
- Dried figs
- Blanched whole almonds
- Raw pistachios

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FLOURS AND BAKING ITEMS

- Grass-fed beef gelatin
- Coconut flour
- Tapioca flour
- Baking soda
- Vanilla extract (gluten-free)
- Ground golden flax seeds
- Arrowroot flour
- Almond flour
- Blanched almond flour
- Shredded coconut
- Cashew meal

SAUCES, SWEETENERS & SPECIALTY ITEMS

- Dijon mustard (gluten-free)
- Honey
- Rose water
- Orange blossom water
- Sumac
- Filtered water

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shopping list

week 1

HERBS & SPICES

- 7 bunches of fresh parsley
- 6 bunches of fresh cilantro
- 2 bunches of fresh mint
- 1 small package/bunch of fresh thyme

FRESH VEGETABLES

- 2 heads of cauliflower
- 6 medium white onions
- 2 heads of garlic
- 1 medium sweet potato
- 11 medium carrots
- 2 pounds green beans
- 1 medium head cabbage
- 1 bunch Swiss chard
- 2 medium cucumbers
- 2 Roma tomatoes
- 3 medium zucchini
- 1 bunch of celery
- 1 medium shallot
- Burger toppings of your choice

FROZEN ITEMS

- 1 bag of frozen artichoke hearts
- 1 large bag of frozen peas

FRUIT

- 2 medium apricots
- 2 pieces of fruit of choice (for a breakfast side)
- 1 large navel orange
- 10 lemons
- 1 small package of strawberries

MEAT, SEAFOOD & EGGS

- 20 (2 dozen) large eggs
- 1 ½ pounds ground lamb or beef
- 2 pounds ground lamb
- 2 pounds beef or lamb stew meat (preferably on the bone)
- 4 oz lamb bacon or bacon of choice
- 2 pounds chicken wings
- 1 whole (5-pound) chicken
- 1 pound medium shrimp
- 4 (5-oz) wild cod fillets, or other white fish
- 4 (5-oz) wild salmon fillets, skin on
- 3 pounds chicken bones (for the bone broth)

DAIRY

- A single serving plain, full fat yogurt
- 10 tablespoons unsalted butter, ghee or coconut oil (found on the pantry list)

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week 2

HERBS & SPICES

- 1 bunch of fresh chives
- 2 bunches of fresh parsley
- 3 bunches of fresh cilantro
- 1 bunch of fresh thyme

FRESH VEGETABLES

- 3 heads of cauliflower
- 1 bunch of romaine lettuce
- 3 heads of garlic
- 2 large containers of cherry tomatoes
- 3 medium red onions
- 5 medium carrots, sliced
- 7 medium white onions
- 1 bunch of celery
- 1 large head cabbage
- 12 large sweet potatoes
- 4 large bags or bunches of arugula
- 9 medium turnips
- 1 large bunch of spinach
- 1 avocado
- 1 medium pumpkin or 1 large can of pumpkin puree
- 1 large package of mushrooms whole or sliced
- 1 green bell pepper
- 1 red bell pepper
- Fresh pomegranate seeds (packaged or from fruit, enough for about 1 cup)

FRUIT

- 10 lemons
- 2 limes
- 1 large orange

MEAT, SEAFOOD & EGGS

- 2 ½ pounds short ribs
- 4 ½ pounds ground beef
- 1 whole (5-pound) duck
- 41 (4 dozen) large eggs
(10 egg yolks needed for aioli)
- 2 pounds fresh sardines, cleaned
- 6 oz calf's or beef liver
- 6 oz ground meat of choice
- 12 oz cooked crabmeat
- 12 oz smoked salmon (thinly sliced)
- 3 pounds oxtail pieces
- 3 pounds beef bones

DAIRY

- 9 tablespoons unsalted butter or ghee or coconut oil (found on the pantry list)
- 1 small container of crumbled feta

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week 3

HERBS & SPICES

- 4 bunches of fresh cilantro
- 4 bunches of fresh mint leaves
- 1 small package of fresh basil
- 4 bunches of fresh parsley
- 1 package of saffron
- 1 small package of thyme

FRESH VEGETABLES

- 4 heads of garlic
- 10 medium white onions
- 3 medium red onions
- 2 green bell peppers
- 4 red or green bell peppers
- 7 large heads of cauliflower
- 7 medium carrots
- 3 medium sweet potatoes
- 1 bunch of green onions
- 1 large bag or bunch of fresh spinach
- 2 large packages of cherry tomatoes
- 1 bunch of scallions
- 2 Roma tomatoes
- 12 large tomatoes
- 1 large cucumber
- 1 large eggplant
- 1 large bunch of celery
- 4 large bags or bunches of arugula
- 1 large spaghetti squash (about 2 pounds)
- 6-8 shallots
- 2 (14 oz) containers of tahini (sesame seed paste)

FROZEN ITEMS

- 1 small package of frozen blueberries

FRUIT

- 13 lemons
- 2 servings of fruit of choice (for a breakfast side)
- 2 pomegranates
- Fresh pomegranate seeds (packaged or from fruit, enough for about 2 cups)
- 2 limes
- 2 oranges

MEAT, SEAFOOD & EGGS

- 3 pounds ground meat of choice
- 2 pounds ground beef
- 3 pounds ground lamb
- 1 pound ground lamb or beef
- 1 pound lamb or beef stew meat
- 2 ½ pounds lamb stew meat (on the bone)
- 1 pound boneless chicken breast
- 1 pound wild shrimp
- 33 (3 dozen) large eggs
- 12 oz of cooked crabmeat
- 1 whole (5-pound) chicken
- 3 pounds beef bones
- 3 pounds chicken bones
- 1 pound medium shrimp
- 4 (5-oz) wild cod fillets, or other white fish
- 4 (5-oz) wild salmon fillets, skin on
- 3 pounds chicken bones (for the bone broth)

DAIRY

- 1 pound butter or 29 tablespoons of ghee or coconut oil (found on the pantry list)

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week 4

HERBS & SPICES

- 4 bunches of fresh parsley
- 6 bunches of fresh cilantro
- 4 large bunches or packages of fresh mint
- 1 small bunch or package of fresh thyme
- 1 small package of saffron (unless you have some left from week 3)
- 1 small bunch or package of fresh basil

FRESH VEGETABLES

- 1 head butter lettuce
- 1 head romaine lettuce
- 1 small jicama
- 6 large zucchini
- 10 bell peppers, any color
- 1 medium red onion
- 11 medium white onions
- 2 servings of assorted raw vegetables
- 2 large heads of cauliflower
- 1 large package of fresh spinach
- 9 large tomatoes
- 8 Roma tomatoes
- 2 medium sweet potatoes, peeled & cubed
- 3 large eggplant
- 5 medium turnips
- 4 heads of garlic
- 14 large carrots
- 2 bunches of celery
- 1 small package of cherry tomatoes
- 1 medium fennel bulb
- 1 large handful or 1 small bag of green beans (about 4 oz)
- 2 shallots
- 1 bulb of fresh ginger
- 1 (14 oz) container of tahini (sesame seed paste)
- Burger toppings of your choice

FROZEN ITEMS

- 1 small package of frozen peas

FRUIT

- 11 lemons
- 1 mandarin orange
- ½ cup pomegranate seeds

MEAT, SEAFOOD & EGGS

- 35 (3 dozen) large eggs
- 1 pound stew beef (preferably on the bone)
- 1 pound ground beef
- 1 ½ pounds ground beef heart
- 3 pounds chicken bones (for bone broth)
- 1 pound ground lamb or beef
- 1 pound ground lamb
- 1 (2-pound) rack of lamb
- 1 pound chicken livers
- 2 whole (5-pound) chickens
- 2 pounds boneless chicken thighs
- 3 pounds chicken bones
- 6 (5-oz) sole fillets, or other white fish
- ½ pound raw tuna fillet
- 2 pounds medium shrimp
- 1 pound cooked crabmeat
- 4 cooked crab claws
- 6 oz calamari rings
- 8 oz mussels
- 3 pounds chicken bones (for the bone broth)
- Burger toppings of your choice

DAIRY

- 1 pound butter or 27 tablespoons of ghee or coconut oil (found on the pantry list)
- 6 tablespoons ghee, duck fat, or coconut oil, divided (found on the pantry list)
- 1 small container of grated Parmesan cheese