

Pantry-Stocking List:

This is a list of items you'll want to have on-hand for your month of meals. Consider this a "make sure I have this item in" in your pantry or fridge list rather than a "buy this weekly" list.

Feel free to also use the more extensive, complete guide to: stocking a paleo pantry on p 30 of "Practical Paleo" for more dry/pantry items.

Herbs and spices

Bay leaf
Chili powder*
Chipotle powder*
Cilantro (*fresh but best to keep on-hand weekly*)
Cinnamon
Clove
Coriander
Cumin
Curry
Dill
Fennel
Garlic (*fresh but best to keep on-hand weekly*)
Garlic Powder
Ginger
Nutmeg
Onion powder
Oregano
Paprika *
Parsley
Pepper, black
Peppercorns
Pumpkin pie spice
Rosemary
Sage
Sea Salt
Thyme
Vanilla

Fat & Oils

Bacon fat
Ghee
Coconut oil
Macadamia oil: CP
Extra-virgin olive oil
Palm oil

MODIFICATIONS FOR SOME MEAL PLANS:

* omit for Autoimmune Conditions
** omit for Digestive Healthy
*** omit for Fat Loss Plan

Canned & Jarred

Anchovy Paste
Olives (Kalamata)
Pumpkin
Tahini *, **

Nuts, seeds and dried fruit

Almonds *, **, ***
Almond butter *, **, ***
Chestnuts *, **
Coconut butter
Shredded coconut flakes
Coconut flour ***
Dates ***
Dried currants ***
Macadamia nuts *, **
Pine nuts *, **
Raisins ***
Sesame seeds *, **
Walnuts *, **

Sauces

Coconut aminos (soy-replacement)
Mustard (gluten-free)
Apple Cider Vinegar
Balsamic Vinegar

Sweeteners

Honey ***
Maple syrup ***
Molasses ***

**PRACTICAL
PALEO**

**30-DAY
MEAL
PLANS**

Shopping List

NOTES:

Autoimmune Conditions: Week 1

Vegetables

- 1 summer squash
- 6 large carrots* (2 carrots are for sauerkraut)
- 3 onions
- 3 large beets
- 2 bulb of fennel
- 2 butternut squash
- 10-12 oz. of spinach
- 15-18 oz. of mixed greens
- 1 bunch of asparagus
- 1 persimmon
- 2 large or 3 small heads of cauliflower
- 16-ounce jar of grape leaves
- 1 package of artichoke hearts
- 1 package of toasted nori (seaweed)
- 4 avocados
- 3 cucumbers
- 1 bunch of green onion
- 1 red onion
- 1 bunch of broccoli
- 1 large handful of string beans
- 1 head of swiss chard
- 1 large or 2 small sweet potato
- 1 head of romaine lettuce
- 1 package of sunchoke
- 4 parsnips
- 1 large head of green cabbage*

Fruits

- 4 orange (save zest of one orange)
- 8 lemons
- 1 lime

Meat & Seafood

- 12 bone-in, skin-on chicken thighs
- 6 chicken legs
- 1 whole chicken
- 1 lb. skirt steak
- 12 ounces of wild smoked salmon
- 2 lbs. ground lamb
- 1 1/2 - 2 lbs. flank steak
- 3-4 6-ounce cans of wild salmon
- 1 lb. lamb stew meat
- 4 large turkey legs
- 1 lbs. large wild scallops
- 1 lb. of ground beef
- 1 lb. ground pork

* 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.

Autoimmune Conditions: Week 2

Vegetables

- 4 avocados
- 2 onions
- 4 parsnips
- 10-12 oz. of mixed greens
- 15-18 oz. of spinach
- 1 package of artichokes
- 1 large beet
- 6 large carrots
- 5 cucumbers
- 1 head of butter lettuce
- 1 large head of red cabbage
- 2 bunches of broccoli
- 1 jicama
- 2 shallots
- 2 large sweet potatoes
- 2 packs of brussel sprouts
- 1 bunch of fennel fronds
- 1 lb. of asparagus
- 2-3 daikon radishes

Fruits

- 1 package of blueberries
- 1 mango
- 2 apples
- 3 oranges
- 1 pomegranate (for the seeds)
- 6 limes
- 6 lemons
- 2 large plantains

Meat & Seafood

- 2 lbs. ground turkey
- 4 bone-in, skinless chicken thighs
- 1 lb. of bacon
- 4 dozen large shrimp
- 2 pork tenderloins
- 4 chicken breasts
- 6 beef shanks
- 1 lb. ground pork
- 6 chicken legs
- 6-8 ounces of smoked salmon
- 1 lb. wild salmon
- 1 lb. wild tuna steaks

This week calls for 32 ounces beef Bone Broth, if you don't already have some made, pick up 2lbs of beef or other bones from the butcher (recipe on page 234).

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.

Autoimmune Conditions: Week 3

Vegetables

- 4 avocados
- 10-12 oz. of spinach
- 3 zucchinis
- 10-12 oz. bags mixed greens
- 3 onions
- 1 can of diced tomatoes
- 1 large spaghetti squash
- 1 large handful of green beans
- 1 bunch of celery
- 1-2 large carrots
- 1 large head of cauliflower
- 2 large heads of romanesco
- 1 large sweet potato
- 1 acorn squash
- 1 head of red cabbage
- 1 package of toasted nori (seaweed)
- 1 cucumber
- 1 bunch of green onions

Fruits

- 7 lemons
- 2 plantains
- 1 small bag of frozen or fresh cherries

Meat & Seafood

- 3-4 6-ounce. cans of wild salmon
- 1 lb. of halibut
- 2 1/2 lb. ground beef
- 3 lb. ground pork
- 4 bone-in chicken thighs
- 2 lb. of bacon
- 4 duck legs
- 12 ounces of wild smoked salmon

This week calls for 16 ounces beef Bone Broth, if you don't already have some made, pick up 2lbs of beef or other bones from the butcher (recipe on page 234).

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.

Autoimmune Conditions: Week 4 + 2 days

Vegetables

- 15-18 oz. of spinach
- 10-12 oz. of mixed greens
- 1 head of romaine lettuce
- 2 onions
- 6 avocados
- 1 package of toasted nori (seaweed)
- 2 cucumbers
- 1 bunch of green onions
- 1 large head of romaine lettuce
- 2 butternut squash
- 1 head of butter lettuce
- 5 shallots
- 1 acorn squash
- 3-4 large beets
- 1 bulb of fennel
- 1 dozen baby Portobello mushrooms
- 2 packages of artichoke hearts
- 1 large sweet potato
- 1 lb. of green beans
- 1 large bunch of broccoli
- 1 large head of cauliflower

Fruits

- 4 lemons
- 2 plantains
- 3 oranges (save zest from 1 orange)
- 6 limes
- 1 pineapple (save ½ for salsa on day 23)

This week calls for 32 ounces beef Bone Broth, if you don't already have some made, pick up 2lbs of beef or other bones from the butcher (recipe on page 234).

Meat & Seafood

- 1 lb. ground lamb
- 1 lb. of bacon
- 2 6-ounce.cans of tuna
- 2 lbs. bone-in, skin-on chicken
- 3-4 6-ounce.cans of wild salmon
- 12 ounces of wild smoked salmon
- 2 lbs. lamb chops
- 2 lbs. ground pork
- 1-1 1/2 lb. skirt steak
- 1-2 1 lb. bacon
- 2 lbs. ground beef
- 1 lb. large wild scallops
- 2 chicken breasts
- 2 lbs. beef marrow bones
- 12 bone-in, skin-on chicken thighs

+ 2 days

Vegetables

- 2-3 parsnips
- 1 bunch of kale
- 1 bag of mixed greens
- 1 bag of spinach
- 3 onions
- 4 carrots
- 1 large head of cauliflower
- 1 head Savoy cabbage
- 1 butternut squash

Meat, Seafood & eggs

- 1 lb. ground pork
- 1 lb. ground beef
- 1 lb. ground turkey
- 4 lbs. lamb roast

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.

Blood Sugar Regulation: Week 1

Vegetables

- 1 zucchini
- 3 bunches of kale
- 8 large carrots* (2 carrots are for sauerkraut)
- 10-12 oz. of mixed greens
- 10-12 oz. of spinach
- 3 beets
- 3 onions
- 2 bell peppers
- 3 avocados
- 1 large tomato
- 2 bunches of asparagus
- 3 heads of cauliflower
- 1 package artichoke
- 1 package of toasted nori (seaweed)
- 3 cucumbers
- 1 bunch of green onions
- 1 red onion
- 1 bunch of broccoli
- 1 bag of string beans
- 1 can of pumpkin
- 1 head of romaine
- 1 pint of cherry tomatoes
- 1 large head of green cabbage*

Fruits

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

Meat, Seafood & eggs

- 3 dozen eggs
- 2-3 6-ounce cans of wild salmon
- 4 turkey legs
- 2 lbs. bacon
- 12 bone-in, skin-on chicken thighs
- 1 1/2 - 2 lbs. flank steak
- 1 lb. ground lamb
- 1 lb. lemon sole
- 12 ounces wild smoked salmon (lox)
- 1 lb. skirt steak
- 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.

Blood Sugar Regulation: Week 2

Vegetables

- 5-6 oz. of spinach
- 10-12 oz. of mixed greens
- 2 beets
- 1 package of artichoke hearts
- 5 large carrots
- 3 bell peppers (any color)
- 2 cucumbers
- 1 head butter lettuce
- 7 zucchini
- 2 bunches of broccoli
- 1 avocado
- 1 jicama
- 1 jalapeno pepper
- 1 shallot
- 4 parsnips
- 1 onion
- 1 head of red cabbage
- 1 15-ounce can of plain tomato sauce
- 2 packages of brussel sprouts
- 1 bulb of funnel
- 1 lb. asparagus
- 1 sweet potato

Fruits

- 1 package of berries of your choice
- 3 orange
- 3 lemons
- 3 lime
- 1 mango

Meat, Seafood & eggs

- 2 lbs. ground turkey
- 3 dozen large shrimp
- 4-5 dozen eggs
- 2 pork tenderloins
- 2 lbs. of bacon
- 2-3 lbs. of bone-in beef short ribs
- 6 chicken legs
- 1 lb. wild salmon

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Blood Sugar Regulation: Week 3

Vegetables

- 1-2 5-6 oz. bags of spinach
- 2 bunches of kale
- 4 5-6 oz. bags of mixed greens
- 2 zucchinis
- 5 avocado
- 4 bell peppers
- 5 onions
- 2 carrots
- 1 bunch of celery
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 1 lb. of asparagus
- 1-2 beets
- 1 pint of mushrooms
- 2 red onions
- 1 spaghetti squash
- 1 can of pumpkin
- 1 head of cauliflower
- 1 head of romaine lettuce
- 1 32 ounce can of diced tomatoes
- 1 butternut squash
- 1 head of red cabbage
- 1 package toasted nori (seaweed)
- 2 cucumbers
- 1 bunch of green onion
- 1 pint of cherry tomatoes
- 2 large heads of romanesco

Fruits

- 6 lemons
- 1 apple
- 1 blood orange
- 2 oranges

Meat, Seafood & eggs

- 4 dozen eggs
- 1-2 6-ounce cans of tuna
- 6 lb. of ground pork
- 1 1/2 lb. ground beef
- 3 lbs. bacon
- 4 bone-in, skinless chicken thighs
- 1 lb. lemon sole
- 1 lb. bison stew meat
- 12 ounces wild smoked salmon (lox)
- 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.

Blood Sugar Regulation: Week 4 + 2 days

Vegetables

3 large zucchinis
1 package of artichoke hearts
2 large tomatoes
2 carrots
10-12 oz. of mixed greens
15-18 oz. of spinach
2-3 large sweet potatoes
2 butternut squash
1 acorn squash
2 onions
1 red onion
5 avocados
2 pints of cherry tomatoes
1 head of butter lettuce
1 head of romaine lettuce
3 bell peppers
1 bunch of green onions
3 shallots
1 jalapeno pepper
10-12 tomatillos
1 jalapeno pepper
1 bunch of asparagus
1 package of baby Portobello mushroom
2 heads of cauliflower
1 bunch of broccoli
3-4 inches of fresh saved horseradish

Fruits

3 oranges (save zest from one)
3 lemons
6 lime (save zest from one)
1 pineapple (save half for salsa on day 23)
1 persimmon

This week calls for 32 ounces beef Bone Broth, if you don't already have some made, pick up 2lbs of beef or other bones from the butcher (recipe on page 234).

Meat, Seafood & eggs

3 dozen eggs
1-2 6-ounce cans of tuna
2 lbs. bone-in, skin-on chicken
1-1 1/2 lb. skirt steak
6 beef shanks
2 1/2 lbs. of bacon
1 lb. ground beef
2 lbs. ground pork
1 lb. ground bison
2 6-ounce cans of wild salmon
1 lb. large wild scallops
2-3 lbs. wild jumbo shrimp
2 lbs. beef marrow bone
1 lb. lamb stew meat

+ 2 days

Vegetables

1 large bunch of kale
5-6 oz. of mixed greens
15-6 oz. of spinach
5 carrots
2 onions
1 cucumber
2 avocado
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 green apples
2 lemons
15-16 ounces fresh cranberries

Meat, Seafood & eggs

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

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.

Digestive Health: Week 1

Vegetables

- 1 zucchini
- 8 large carrots* (2 carrots are for sauerkraut)
- 2 large sweet potatoes
- 1 butternut squash
- 8 sunchokes
- 4 parsnips
- 3 onions
- 2 bell peppers
- 3 beets
- 1 bulb of fennel
- 5-6 oz. mixed greens
- 18-20 oz. of spinach
- 1 package of brussel sprouts
- 1 head of romaine lettuce
- 3 avocados
- 1 bunch of kale
- 2 bunches of asparagus
- 3 heads cauliflower
- 1 package nori (seaweed)
- 3 cucumbers
- 1 bunch of green onions
- 1 bunches of broccoli
- 1 bag of string beans
- 1 pint of cherry tomatoes
- 1 large tomato
- 1 jar of grape leaves
- 1 large head of green cabbage*

Fruits

- 5 lemons
- 3 oranges (save zest from 2)
- 1 lime

Meat, Seafood & eggs

- 3 dozen eggs
- 2 ½ lb. of bacon
- 1 lb. ground pork
- 12 bone-in, skin-on chicken thighs
- 1 lb. skirt steak
- 4 6-ounce cans of wild salmon
- 1 1/2 - 2 lb. flank steak
- 2 turkey legs
- 12 ounces wild smoked salmon (lox)
- 1 lb. ground lamb
- 1 lb. lamb stew meat
- 1 whole chicken
- 1 lb. large wild scallops

*This meal plan calls for sauerkraut it takes 2-3 weeks to ferment (see recipe on page 238 of Practical Paleo) if you wish to not make your own pick up a single 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.

Digestive Health: Week 2

Vegetables

- 10-12 oz. mixed greens
- 5-6 oz. bag of spinach
- 2 sweet potatoes
- 15 carrots
- 8 small yellow squash
- 3 zucchinis
- 3 cucumbers
- 2 onions
- 4 parsnips
- 1 head of red cabbage
- 3 bell peppers (get a mix of colors)
- 1 package of artichoke hearts
- 1 beet
- 1 head of red cabbage
- 1 heads of butter lettuce
- 3 bunches of broccoli (save stems)
- 2 avocados
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 1 15-ounce can of plain tomato sauce
- 1 package of Brussels sprouts
- 1 bulb of fennel
- 2-3 daikon radishes
- 1 lb. asparagus
- 1 pint cherry tomatoes
- 1 bunch of green onions

Fruits

- 2 orange
- 4 limes
- 4 lemons
- 1 pomegranate (save seeds)
- 1 mango
- 3 green apples

Meat, Seafood & eggs

- 2 lbs. ground turkey
- 5 dozen eggs
- 3-4 dozen large shrimp
- 2 pork tenderloins
- 1 lbs. of bacon
- 2-3 lbs. of bone-in beef short ribs
- 6 chicken legs
- 1 lb. wild salmon
- 1 lb. boneless, skinless chicken thighs
- 1 lb. wild tuna steaks

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.

Digestive Health: Week 3

Vegetables

- 5 avocados
- 2 bunches of kale
- 10-12 oz. of spinach
- 2 carrots
- 1 bunch celery
- 15-18 oz. of mixed greens
- 1 head of red cabbage
- 2 bell peppers
- 4 onions
- 1 red onion
- 1 beet
- 1 pint of mushrooms
- 1 spaghetti squash
- 1 12 oz. can of tomato paste
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 1 bunch of broccoli
- 1 head of cauliflower
- 2 large heads of romanesco
- 1 package of toasted nori (seaweed)
- 1 bunch of green onions
- 2 cucumbers
- 1 head of romaine lettuce
- 1 pint of cherry tomatoes
- 1 acorn squash

Fruits

- 1 blood orange
- 2 lemons
- 1 orange (save zest)
- 1 package of frozen or fresh cherries
- 4 green apples

Meat, Seafood & eggs

- 3 1/2 dozen eggs
- 1 1/2 lb. ground beef
- 4 lbs. ground pork
- 4 bone-in, skinless chicken thighs
- 2 lbs. of bacon
- 1 lb. lemon sole
- 2 duck legs
- 2 6 ounce cans of tuna
- 12 ounces wild smoked salmon (lox)
- 2 lbs. lamb chops

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.

Digestive Health: Week 4 + 2 days

Vegetables

3 zucchini
2 carrots
3 large sweet potatoes
2 butternut squash
1 head of Boston lettuce
1 bags of mixed greens
10-12 oz. of spinach
2 onions
2 pints of cherry tomatoes
3 bell peppers
4 avocados
1 head of romaine lettuce
7 shallots
1 bunch of green onions
10-12 tomatillos
1 bunch of asparagus
1 bulb of fennel
1 dozen baby Portobello mushroom
1 lb. of fresh green beans
3 large tomatoes
2 heads of cauliflower
1 bunch of broccoli
1 package of artichoke hearts
2 jalapeno peppers
1 acorn squash
1 butternut squash
3-4 inches of fresh saved horseradish

Fruits

3 oranges
5 limes
1 persimmon
2 lemons
1 pineapple (save half for salsa on day 23)

This week calls for approx. 64 ounces beef Bone Broth, if you don't already have some made grab a bunch of beef bones from the butcher. (Recipe on page 234)

Meat, Seafood & eggs

2 dozen eggs
2 6-ounce can of tuna
3-4 6-ounce cans of wild salmon
2 ½ lbs. of ground pork
1 lb. ground lamb
2 lbs. beef marrow bones
2 lbs. bone-in, skin-on chicken
1 lb. ground bison
1 lb. large wild scallops
6 beef shanks
1 ½ lb. of bacon
2+ lbs. wild jumbo or colossal shrimp
1 lb. ground beef
1 ½ lbs. skirt steak
6 chicken legs

+ 2 days**Vegetables**

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

Fruits

15-16 ounces fresh cranberries
2 lemons
3 green apples

Meat, Seafood & eggs

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

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.

Additional **Practical Paleo** book resources can be found at www.balancedbites.com/practicalpaleo

Thyroid Health: Week 1

Vegetables

- 1 zucchini
- 9 large carrots* (6 carrots are for fermented carrots)
- 3 onions
- 2 bell peppers
- 2 beets
- 1 bulb of fennel
- 15-18 oz. of mixed greens
- 5-6 oz. of spinach
- 3 avocados
- 2 sweet potatoes
- 2 bunches of asparagus
- 2 heads cauliflower
- 1 bunch of swiss chard
- 1 butternut squash
- 1 package nori (seaweed)
- 3 cucumbers
- 1 bunch of green onion
- 1 red onion
- 1 bunch of broccoli
- 1 large handful of green beans
- 1 bag of string beans
- 1 head of romaine lettuce
- 1 pint of cherry tomatoes
- 4 large parsnips
- 8 sunchokes

Fruits

- 6 lemons
- 1 persimmon
- 1 orange

Meat, Seafood & eggs

- 4 dozen eggs
- 2 lb. of bacon
- 1 lb. ground sausage
- 12 bone-in, skin-on chicken thighs
- 1 lb. skirt steak
- 2 6-ounce cans of wild salmon
- 1 1/2 - 2 lb. flank steak
- 2 turkey legs
- 12 ounces wild smoked salmon (lox)
- 1 lb. ground lamb
- 1 lb. lemon sole
- 1 lb. lamb stew meat
- 1 whole chicken

*This meal plan also calls for raw fermented carrots (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 fermented carrots or other non-goitrogenic vegetables if you can find them like beets.

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.

Thyroid Health: Week 2

Vegetables

- 10-2 oz. of spinach
- 5-6 oz. of mixed greens
- 15 large carrots
- 4 small yellow squash
- 3 zucchinis
- 3 cucumbers
- 1 beet
- 3 bell peppers
- 1 package of artichoke hearts
- 1 head of red cabbage
- 2 heads of butter lettuce
- 1 bunch of broccoli
- 3 avocados
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 1 15-ounce can of plain tomato sauce
- 1 package of mushrooms
- 1 butternut squash
- 1 lb. asparagus
- 1 pint cherry tomatoes
- 1 bunch of green onions

Fruits

- 2 oranges
- 1 lime
- 4 lemons

Meat, Seafood & eggs

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

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.

Thyroid Health: Week 3

Vegetables

- 4 avocados
- 1 bunch of Swiss chard
- 5-6 oz. of spinach
- 2 carrots
- 1 bunch of celery
- 10-12 oz. of mixed greens
- 1 head of romaine lettuce
- 2 bell peppers
- 3 onions
- 1 red onion
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 2 beets
- 1 pint of mushrooms
- 1 spaghetti squash
- 1 12 oz. can of tomato paste
- 1 head of cauliflower
- 1 bunch of green onions
- 3 parsnips
- 1 large handful of green beans
- 2 cucumbers
- 1 pint of cherry tomatoes
- 1 package of toasted nori (seaweed)

Fruits

- 1 blood orange
- 2 lemons
- 1 bag of frozen or fresh cherries

Meat, Seafood & eggs

- 4 dozen eggs
- 1 ½ lb. ground beef
- 4 ½ lbs. ground pork
- 4 bone-in, skinless chicken thighs
- 2 1/2 lbs. of bacon
- 1 lb. lemon sole
- 2 duck legs
- 12 ounces wild smoked salmon (lox)
- 2 lbs. lamb chops

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.

Thyroid Health: Week 4 + 2 days

Vegetables

- 1 zucchini
- 2 carrots
- 3 large sweet potatoes
- 15-18 oz. of mixed greens
- 10-12 oz. of spinach
- 2 butternut squash
- 2 onions
- 1 head Boston lettuce
- 2 pints of cherry tomatoes
- 2 bell peppers
- 5 avocados
- 1 shallot
- 1 acorn squash
- 1 head of romaine lettuce
- 5 shallots
- 1 bunch of green onions
- 10-12 tomatillos
- 1 jalapeno pepper
- 3 zucchinis
- 1 bunch of asparagus
- 1 bulb of fennel
- 1 dozen baby Portobello mushroom
- 1 lb. fresh green beans
- 2 large tomatoes
- 1 head of cauliflower
- 1 bunch of broccoli
- 1 package of artichoke hearts
- 3-4 inches of fresh saved horseradish

Fruits

- 3 oranges
- 2 limes
- 1 persimmon
- 3 lemons
- 1 large pineapple (save half for salsa on day 23)

Meat, Seafood & eggs

- 3 dozen eggs
- 3-4 6-ounce cans of wild salmon
- 2 lb. ground pork sausage
- 1 lb. ground lamb
- 2 lbs. beef marrow bones
- 2 lbs. bone-in, skin-on chicken
- 1 lb. ground bison
- 1 lb. large wild scallops
- 6 beef shanks
- 3 lbs. of bacon
- 2+ lbs. wild jumbo or colossal shrimp
- 1 ½ skirt steak
- 1 lb. ground beef

+ 2 days**Vegetables**

- 2 zucchini
- 1 head of cauliflower
- 5-6 oz. of mixed greens
- 1 avocado
- 3 onions
- 4 carrots
- 1 32-ounce can whole peeled plum tomatoes
- 1 32-ounce can crushed or diced tomatoes

Fruits

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

Meat, Seafood & eggs

- 1 dozen eggs
- 1 lb. of bacon
- 1 lb. ground pork
- 4 lbs. lamb roast
- 1 lb. ground beef

This week calls for approx. 64 ounces beef Bone Broth, if you don't already have some, pick up around 3-4lbs of beef or other bones from the butcher. (Recipe on page 234)

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.

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MS, FM, CFS: Week 1

Vegetables

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

Fruits

- 2 oranges (save zest from one)
- 1 persimmon
- 1 lime
- 5 lemons
- 1 orange

Meat, Seafood & eggs

- 3 dozen eggs
- 1 lb. of bacon
- 1 lb. of ground pork
- 1 lb. lamb stew meat
- 12 bone-in, skin-on chicken thighs
- 1 1/2 - 2 lbs. flank steak
- 3 6-ounce cans of wild salmon
- 2 large turkey legs
- 1 lb. ground lamb
- 1 lb. lemon sole
- 12 ounces wild smoked salmon (lox)
- 1 lb. skirt steak
- 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.

MS, FM, CFS: Week 2

Vegetables

- 5-6 oz. of spinach
- 10-12 oz. of mixed green
- 1 beet
- 3 onions
- 1 package of artichokes
- 6 carrots
- 2 bell peppers
- 2 cucumbers
- 2 heads of red cabbage
- 2 heads of butter lettuce
- 1 large sweet potato
- 7 zucchini
- 1 bunch of broccoli
- 2 avocados
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 4 parsnips
- 1 15-ounce can of plain tomato sauce
- 1 package of Brussels sprouts
- 1 bulb of fennel
- 1 lb. asparagus
- 1 pint of cherry tomatoes
- 1 bunch of green onions
- 2-3 daikon radishes

Fruits

- 1 package of berries
- 3 oranges
- 2 limes
- 5 lemons
- 1 green apple

Meat, Seafood & eggs

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

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.

MS, FM, CFS: Week 3

Vegetables

- 10-12 oz. of spinach
- 15-18 oz. of mixed greens
- 1 head of romaine
- 3 avocados
- 2 bell peppers
- 4 onions
- 2 carrots
- 1 bunch of celery
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 1 pint of cherry tomatoes
- 1 beet
- 1 pint of mushrooms
- 1 red onion
- 3 large sweet potatoes
- 1 spaghetti squash
- 1 12 oz. can of tomato paste
- 1 bunch of kale
- 1 head of cauliflower
- 2 large heads of romanesco
- 1 head of red cabbage
- 2 cucumbers

Fruits

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

Meat, Seafood & eggs

- 3 dozen eggs
- 1 lb. ground beef
- 3 1/2 lb. ground pork
- 4 bone-in, skinless chicken thighs
- 3 lbs. of bacon
- 1/2 lb. ground veal or beef
- 1/2 lb. ground pork
- 1 lb. lemon sole
- 2 duck legs
- 2 lbs. lamb chops

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.

MS, FM, CFS: Week 4 + 2 days

Vegetables

3 zucchinis
2 carrots
10-12 oz. of spinach
3 large sweet potatoes
15-18 oz. bags of mixed greens
2 butternut squash
2 onions
2 pints of cherry tomatoes
5 avocados
1 head of butter lettuce
5 shallots
1 acorn squash
2 heads of romaine lettuce
2 large tomatoes
2 bell peppers
2 jalapeno peppers
10-12 tomatillos
1 bunch of asparagus
1 bulb of fennel
1 dozen baby Portobello mushroom
1 lb. fresh green beans
1 package of artichoke hearts
1 bunch of broccoli
1 head of cauliflower
3-4 inches of fresh saved horseradish

Fruits

3 oranges (save zest from one)
5 lime
1 persimmon
4 lemons
1 pineapple (save half for salsa on day 23)

This week calls for approx. 62 ounces of Beef Bone Broth, if you don't have some already made grab a couple of beef bones from the butcher.
(Recipe on page 234)

Meat, Seafood & eggs

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

+ 2 days**Vegetables**

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

Fruits

3 green apples
15-16 ounces fresh cranberries
2 lemons

Meat, Seafood & eggs

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

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.

Neurological Health: Week 1

Vegetables

- 1 zucchini
- 8 large carrots* (2 carrots are for the sauerkraut)
- 3 onions
- 2 bell peppers
- 1 beet
- 1 bulb of fennel
- 15-18 oz. of mixed greens
- 10-2 oz. of spinach
- 1 head of romaine lettuce
- 3 avocados
- 1 bunch of kale
- 2 bunches of asparagus
- 3 heads cauliflower
- 1 package nori (seaweed)
- 2 cucumbers
- 1 bunch of green onions
- 1 red onion
- 2 bunches of broccoli
- 1 bag of string beans
- 1 pint of cherry tomatoes
- 1 large tomato
- 1 jar of grape leaves
- 1 package of artichoke hearts
- 1 large head of green cabbage*

Fruits

- 4 lemons
- 2 oranges (save zest from one)
- 1 lime

Meat, Seafood & eggs

- 2 dozen eggs
- 1 lb. of bacon
- 1 lb. ground pork
- 12 bone-in, skin-on chicken thighs
- 1 lb. skirt steak
- 4 6-ounce cans of wild salmon
- 1 1/2 - 2 lb. flank steak
- 2 turkey legs
- 12 ounces wild smoked salmon (lox)
- 1 lb. ground lamb
- 1 lb. lemon sole
- 1 lb. lamb stew meat
- 1 whole chicken

*This meal plan calls for sauerkraut it takes 2-3 weeks to ferment (see recipe on page 238 of Practical Paleo) if you wish to not make your own pick up a single 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.

Neurological Health: Week 2

Vegetables

- 5-6 oz. of spinach
- 15-18 oz. of mixed greens
- 10 carrots
- 4 small yellow squash
- 4 zucchinis
- 3 cucumbers
- 2 onions
- 4 parsnips
- 1 head of red cabbage
- 3 bell peppers (get a mix of colors)
- 1 package artichoke hearts
- 1 head of red cabbage
- 2 heads of butter lettuce
- 2 bunches of broccoli (save stems)
- 2 avocados
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 1 15-ounce can of plain tomato sauce
- 1 package of Brussels sprouts
- 1 bulb of fennel
- 2-3 daikon radishes
- 1 lb. asparagus
- 1 pint cherry tomatoes
- 1 bunch of green onions

Fruits

- 2 oranges
- 4 limes
- 5 lemons
- 1 pomegranate (save seeds)
- 1 mango

Meat, Seafood & eggs

- 2 lbs. ground turkey
- 3 dozen eggs
- 3-4 dozen large shrimp
- 2 pork tenderloins
- 2 lbs. of bacon
- 2-3 lbs. of bone-in beef short ribs
- 6 chicken legs
- 1 lb. wild salmon
- 1 lb. boneless, skinless chicken thighs
- 1 lb. wild tuna steaks

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.

Neurological Health: Week 3

Vegetables

- 3 avocados
- 2 bunch of kale
- 10-12 oz. of spinach
- 2 carrots
- 1 bunch celery
- 15-18 oz. of mixed greens
- 1 head of red cabbage
- 2 bell peppers
- 4 onions
- 2 beets
- 1 spaghetti squash
- 1 12 oz. can of tomato paste
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 1 head of cauliflower
- 2 large heads of romanesco
- 1 package of toasted nori (seaweed)
- 1 bunch of green onions
- 2 cucumbers
- 1 head of romaine lettuce
- 1 pint of cherry tomatoes

Fruits

- 1 blood orange
- 4 lemons
- 1 orange
- 1 package of frozen or fresh cherries
- 1 green apple

Meat, Seafood & eggs

- 4 dozen eggs
- 1 ½ lb. ground beef
- 4 lbs. ground pork
- 4 bone-in, skinless chicken thighs
- 3 lbs. of bacon
- 1 lb. lemon sole
- 2 duck legs
- 2 6-ounce cans of tuna
- 12 ounces wild smoked salmon (lox)
- 2 lbs. lamb chops

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.

Neurological Health: Week 4+ 2 days

Vegetables

2 zucchini
2 carrots
2 large sweet potatoes
15-18 oz. of mixed greens
2 cucumbers
10-12 oz. of spinach
1 onion
2 pints of cherry tomatoes
2 bell peppers
6 avocados
2 shallots
1 head of romaine lettuce
4 shallots
1 bunch of green onions
10-12 tomatillos
1 bunch of asparagus
1 bulb of fennel
1 dozen baby Portobello mushroom
1 ½ lbs. of fresh green beans
2 large tomatoes
1 head of cauliflower
1 bunch of broccoli
1 package of artichoke hearts
1 jalapeno pepper
3-4 inches of fresh saved horseradish

Fruits

2 oranges
4 limes
1 persimmon
4 lemons

This week calls for approx. 48 ounces beef Bone Broth, if you don't already have some prepared, pick up 2-3lbs of beef or other bones from the butcher. (Recipe on page 234)

Meat, Seafood & eggs

3 dozen eggs
1 package of smoked salmon
2 6-ounce can of tuna
3-4 6-ounce cans of wild salmon
2 ½ lbs. of ground pork
1 lb. ground lamb
2 lbs. beef marrow bones
2 lbs. bone-in, skin-on chicken
1 lb. ground bison
1 lb. large wild scallops
6 beef shanks
2 ½ lb. of bacon
2+ lbs. wild jumbo or colossal shrimp
1lb. ground beef
1 ½ lbs. skirt steak

+ 2 days**Vegetables**

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

Fruits

15-16 ounces fresh cranberries
2 lemons

Meat, Seafood & eggs

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

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.

Heart Health: Week 1

Vegetables

- 1 zucchini
- 4 carrots* (2 carrots are for the sauerkraut)
- 2 onions
- 2 bell peppers
- 2 large sweet potatoes
- 1 beet
- 1 bulb of fennel
- 15-18 oz. of mixed greens
- 10-12 oz. of spinach
- 1 butternut squash
- 1 head of romaine lettuce
- 3 avocados
- 1 bunch of kale
- 2 bunches of asparagus
- 2 heads cauliflower
- 1 package nori (seaweed)
- 2 cucumbers
- 1 bunch of green onions
- 1 red onion
- 1 bunch of broccoli
- 1 bag of string beans
- 1 pint of cherry tomatoes
- 1 large tomato
- 1 jar of grape leaves
- 1 package of artichoke hearts
- 8 sunchoke
- 4 parsnips
- 1 large head of green cabbage*

Fruits

- 5 lemons
- 1 orange
- 1 lime

Meat, Seafood & eggs

- 3 dozen eggs
- 1 ½ lb. of bacon
- 1 lb. ground pork
- 12 bone-in, skin-on chicken thighs
- 1 lb. skirt steak
- 4 6-ounce cans of wild salmon
- 1 1/2 - 2 lb. flank steak
- 2 turkey legs
- 12 ounces wild smoked salmon (lox)
- 1 lb. ground lamb
- 1 lb. lemon sole
- 1 lb. lamb stew meat
- 1 whole chicken

*This meal plan also calls for 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.

Heart Health: Week 2

Vegetables

- 15-18 oz. of spinach
- 5-6 oz. of mixed greens
- 12 carrots
- 8 small yellow squash
- 3 zucchinis
- 2 cucumbers
- 3 onions
- 1 bunch of kale
- 4 parsnips
- 1 head of red cabbage
- 3 bell peppers (get a mix of colors)
- 1 package artichoke hearts
- 1 beet
- 1 heads of butter lettuce
- 1 bunches of broccoli (save stems)
- 2 avocados
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 1 large sweet potato
- 1 15-ounce can of plain tomato sauce
- 1 package of Brussels sprouts
- 1 bulb of fennel
- 2-3 daikon radishes
- 1 lb. asparagus
- 1 pint cherry tomatoes
- 1 bunch of green onions

Fruits

- 2 oranges
- 3 limes
- 5 lemons
- 1 pomegranate (save seeds)
- 1 melon
- 1 mango
- 2 pints of berries of your choice

Meat, Seafood & eggs

- 3 dozen eggs
- 5-6 dozen large shrimp
- 2 pork tenderloins
- 2 lbs. of bacon
- 2-3 lbs. of bone-in beef short ribs
- 6 chicken legs
- 1 lb. wild salmon
- 1 lb. boneless, skinless chicken thighs
- 1 lb. wild tuna steaks
- 1 lb. chicken livers

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.

Heart Health: Week 3

Vegetables

- 4 avocados
- 2 bunches of kale
- 10-12 oz. of spinach
- 3 carrots
- 1 bunch celery
- 15-18 oz. of mixed greens
- 1 head of red cabbage
- 2 bell peppers
- 4 onions
- 1 beet
- 1 spaghetti squash
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 1 head of cauliflower
- 2 large heads of romanesco
- 1 package of toasted nori (seaweed)
- 1 bunch of green onions
- 4 cucumbers
- 1 head of romaine lettuce
- 1 pint of cherry tomatoes
- 2 large sweet potatoes

Fruits

- 1 blood orange
- 4 lemons
- 1 orange (save zest from one)
- 1 pint of frozen or fresh cherries
- 1 green apple

Meat, Seafood & eggs

- 4 dozen eggs
- 1 ½ lb. ground beef
- 3 ½ lbs. ground pork
- 2 lbs. of bacon
- 1 lb. lemon sole
- 2 duck legs
- 2 6-ounce cans of tuna
- 12 ounces wild smoked salmon (lox)
- 2 lbs. lamb chops
- 1 lb. chicken livers

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.

Heart Health: Week 4 + 2 days

Vegetables

3 zucchinis
2 carrots
3 large sweet potatoes
1 butternut squash
1 head of Boston lettuce
1 lb. fresh green beans
1 whole butternut squash
1 acorn squash
15-18 oz. of mixed greens
10-12 oz. of spinach
2 onions
2 pints of cherry tomatoes
2 bell peppers
5 avocados
3 shallots
1 head of romaine lettuce
2 large tomatoes
1 bunch of green onions
10-12 tomatillos
1 bunch of asparagus
1 bulb of fennel
1 dozen baby Portobello mushroom
1 head of cauliflower
1 bunch of broccoli
1 package of artichoke hearts
2 jalapeno peppers
3-4 inches of fresh saved horseradish

Fruits

3 oranges (save zest from one)
4 limes
1 persimmon
1 lemon
1 pineapple (save half for salsa on day 23)

This week calls for approx. 48 ounces beef Bone Broth, if you don't already have some prepared, pick up 2-3lbs of beef or other bones from the butcher. (Recipe on page 234)

Meat, Seafood & eggs

3 dozen eggs
2 6-ounce can of tuna
4 6-ounce cans of wild salmon
2 ½ lbs. of ground pork
1 lb. ground lamb
1 lb. of ground beef
2 lbs. beef marrow bones
2 lbs. bone-in, skin-on chicken
1 lb. ground bison
1 lb. large wild scallops
6 beef shanks
2 ½ lb. of bacon
2+ lbs. wild jumbo or colossal shrimp
1 ½ lbs. skirt steak

+ 2 days**Vegetables**

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

Fruits

15-16 ounces fresh cranberries
2 lemons
3 green apples

Meat, Seafood & eggs

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

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.

Additional **Practical Paleo** book resources can be found at www.balancedbites.com/practicalpaleo

Cancer Recovery: Week 1

Vegetables

- 1 zucchini
- 6 carrots
- 2 onions
- 2 bell peppers (grab a variety of colors)
- 2 large sweet potatoes
- 3 beets
- 2 bulbs of fennel
- 15-18 oz. of mixed greens
- 10-12 oz. of spinach
- 1 butternut squash
- 1 head of romaine lettuce
- 3 avocados
- 2 bunches of kale
- 2 bunches of asparagus
- 2 heads cauliflower
- 1 package nori (seaweed)
- 3 cucumbers
- 1 bunch of green onions
- 1 package of cherry tomatoes
- 1 large tomato
- 1 jar of grape leaves
- 1 package of artichoke hearts
- 8 sunchoke
- 4 parsnips
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 2 large heads of romanesco

Fruits

- 9 lemons
- 3 oranges (save zest from one)
- 1 lime
- 1 persimmon
- 1 pint of blueberries

Meat, Seafood & eggs

- 3 dozen eggs
- 2 chicken breasts
- 12 bone-in, skin-on chicken thighs
- 4 6-ounce cans of wild salmon
- 2 turkey legs
- 12 ounces wild smoked salmon (lox)
- 1 lb. ground lamb
- 1 lb. lemon sole
- 1 lb. lamb stew meat
- 6 chicken legs
- 1 whole chicken
- 1 lb. wild shrimp

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.

Cancer Recovery: Week 2

Vegetables

- 10-12 oz. of spinach
- 1 beet
- 15-18 oz. of mixed greens
- 6 carrots
- 8 small yellow squash
- 3 zucchinis
- 2 cucumbers
- 2 onions
- 4 parsnips
- 1 head of red cabbage
- 2 bell peppers (get a mix of colors)
- 1 package artichoke hearts
- 1 head of red cabbage
- 2 heads of butter lettuce
- 2 bunches of broccoli (save stems)
- 2 avocados
- 2 jalapeno pepper
- 1 jicama
- 1 shallot
- 10-12 tomatillos
- 1 large sweet potato
- 1 package of Brussels sprouts
- 1 bulb of fennel
- 2-3 daikon radishes
- 1 lb. asparagus
- 1 pint of cherry tomatoes
- 1 bunch of green onions

Fruits

- 4 oranges (save zest from one)
- 4 limes
- 4 lemons
- 1 pomegranate (save seeds)
- 1 mango
- 2 pints of berries of your choice

Meat, Seafood & eggs

- 2 lbs. ground turkey
- 3 dozen eggs
- 4-5 dozen large shrimp
- 2 pork tenderloins
- 2 6-ounce cans of wild salmon
- 6 chicken legs
- 1 lb. wild salmon
- 1 lb. boneless, skinless chicken thighs
- 1 lb. wild tuna steaks
- 1 lb. large wild scallops
- 2+ lbs. wild jumbo or colossal shrimp

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.

Cancer Recovery: Week 3

Vegetables

- 5 avocados
- 1 bunch of kale
- 3 large sweet potatoes
- 15-18 oz. of spinach
- 1 carrot
- 1 bunch celery
- 15-18 oz. of mixed greens
- 1 head of red cabbage
- 2 bell peppers
- 3 onions
- 2 beets
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 2 heads of cauliflower
- 2 large heads of romanesco
- 1 package of toasted nori (seaweed)
- 1 bunch of green onions
- 2 cucumbers
- 1 head of romaine lettuce
- 1 pint of cherry tomatoes
- 3 bunches of broccoli
- 1 package of artichoke hearts
- 1 red onion
- 1 pint of mushrooms
- 2 shallots

Fruits

- 1 blood orange
- 8 lemons
- 3 oranges
- 1 pint of frozen or fresh cherries
- 4 green apples
- 2 pints of berries of your choice

Meat, Seafood & eggs

- 4 dozen eggs
- 3 lb. ground beef
- 2 lbs. of bacon
- 1 lb. lemon sole
- 2 duck legs
- 2 6-ounce cans of tuna
- 12 ounces wild smoked salmon (lox)
- 2 lbs. lamb chops
- 12 bone-in, skin-on chicken thighs
- 2 lbs. bone-in, skin-on chicken

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.

Cancer Recovery: Week 4 + 2 days

Vegetables

3 zucchini
2 carrots
3 large sweet potatoes
1 butternut squash
1 head of butter lettuce
15-18 oz. of mixed greens
1 cucumber
10-12 oz. of spinach
2 onions
2 pints of cherry tomatoes
2 bell peppers
4 avocados
1 acorn squash
1 head of romaine lettuce
4 shallots
1 bunch of green onions
10-12 tomatillos
3 bunches of asparagus
1 dozen baby Portobello mushroom
1 lb. of fresh green beans
3 large tomatoes
1 head of cauliflower
3 bunches of broccoli
1 package of artichoke hearts
1 jalapeno pepper
3-4 inches of fresh saved horseradish

Fruits

3 oranges (save zest from one)
4 limes
1 persimmon
3 lemons
2 large melons

This week calls for approx. 64 ounces beef Bone Broth, if you don't already have some prepared, pick up 3-4lbs of beef or other bones from the butcher. (Recipe on page 234)

Meat, Seafood & eggs

4 dozen eggs
2 6-ounce can of tuna
3-4 6-ounce cans of wild salmon
2 lbs. of ground pork
1 lb. ground lamb
2 lbs. beef marrow bones
2 lbs. bone-in, skin-on chicken
1 lb. large wild scallops
6 beef shanks
½ lb. of bacon
2+ lbs. wild jumbo or colossal shrimp
1lb. ground beef
1 lb. boneless, skinless chicken
1 lb. ground turkey

+ 2 days**Vegetables**

1 bunch of kale
1 cucumber
1 head of savory cabbage
1 head of cauliflower
10-12 oz. of mixed greens
2 avocado
3 onions
5 carrots
1 32-ounce can whole peeled plum tomatoes
1 32-ounce can crushed or diced tomatoes

Fruits

15-16 ounces fresh cranberries
2 lemons
3 green apples

Meat, Seafood & eggs

1 dozen eggs
1 lb. ground pork
4 lbs. lamb roast
1 lb. ground beef

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.

Athletic Performance: Week 1

Vegetables

- 1 zucchini
- 8 large carrots* (2 carrots are for the sauerkraut)
- 6 large sweet potatoes
- 3 onions
- 1 red onion
- 2 bell peppers
- 3 beets
- 1 bulb of fennel
- 15-18 oz. of mixed greens
- 10-12 oz. of spinach
- 1 butternut squash
- 1 head of romaine lettuce
- 3 avocados
- 1 bunch of kale
- 2 bunches of asparagus
- 2 heads cauliflower
- 1 package nori (seaweed)
- 8 sunchoke
- 4 parsnips
- 2 cucumbers
- 2 bunches of green onions
- 1 bunch of broccoli
- 1 large handful of string beans
- 1 pint of cherry tomatoes
- 1 large tomato
- 1 jar of grape leaves
- 1 package of artichoke hearts
- 1 large head of green cabbage*

Fruits

- 6 lemons
- 2 oranges (save zest from one)
- 1 lime
- 1 persimmon
- 2 pints of berries of your choice
- 1 large plantain

Meat, Seafood & eggs

- 4 dozen eggs
- 2 lbs. of bacon
- 1 lb. ground pork
- 12 bone-in, skin-on chicken thighs
- 1 lb. skirt steak
- 4 6-ounce cans of wild salmon
- 1 1/2 - 2 lb. flank steak
- 2 turkey legs
- 12 ounces wild smoked salmon (lox)
- 1 lb. ground lamb
- 1 lb. lemon sole
- 1 lb. lamb stew meat
- 1 whole chicken

*This meal plan also calls for 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.

Athletic Performance: Week 2

Vegetables

- 10-12 oz. of spinach
- 4 large sweet potatoes
- 10-12 oz. mixed greens
- 18 carrots
- 2 zucchinis
- 3 cucumbers
- 3 onions
- 4 parsnips
- 1 head of red cabbage
- 3 bell peppers (get a mix of colors)
- 1 package artichoke hearts
- 1 beet
- 1 head of red cabbage
- 2 heads of butter lettuce
- 1 bunches of broccoli (save stems)
- 2 avocados
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 1 15-ounce can of plain tomato sauce
- 1 package of Brussels sprouts
- 1 bulb of fennel
- 2-3 daikon radishes
- 1 lb. asparagus
- 1 pint cherry tomatoes
- 1 bunch of green onions

Fruits

- 3 oranges
- 3 limes
- 2 bananas
- 4 lemons
- 1 pomegranate (save seeds)
- 1 mango
- 2 large packages of berries of your choice
- 1 large plantain

Meat, Seafood & eggs

- 2 lbs. ground turkey
- 4 dozen eggs
- 3-4 dozen large shrimp
- 2 pork tenderloins
- 2 lbs. of bacon
- 2-3 lbs. of bone-in beef short ribs
- 6 chicken legs
- 1 lb. wild salmon
- 1 lb. boneless, skinless chicken thighs
- 1 lb. wild tuna steaks
- 1 lb. chicken livers

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.

Athletic Performance: Week 3

Vegetables

- 5 avocados
- 5 large sweet potatoes
- 2 bunches of kale
- 10-12 oz. of spinach
- 2 carrots
- 1 bunch celery
- 15-18 oz. of mixed greens
- 1 butternut squash
- 1 head of red cabbage
- 2 bell peppers
- 5 onions
- 1 red onion
- 1 beet
- 1 package of mushrooms
- 1 spaghetti squash
- 1 12 oz. can of tomato paste
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 1 head of cauliflower
- 2 large heads of romanesco
- 1 package of toasted nori (seaweed)
- 1 bunch of green onions
- 2 cucumbers
- 1 head of romaine lettuce
- 1 pint of cherry tomatoes

Fruits

- 1 blood orange
- 5 lemons (save zest from one)
- 1 orange
- 1 package of frozen or fresh cherries
- 3 green apples
- 1 pint of blueberries

Meat, Seafood & eggs

- 4 dozen eggs
- 2 lbs. ground beef
- 4 ½ lbs. ground pork
- 4 bone-in, skinless chicken thighs
- 2 ½ lbs. of bacon
- 1 lb. lemon sole
- 2 duck legs
- 2 6-ounce cans of tuna
- 12 ounces wild smoked salmon (lox)
- 2 lbs. lamb chops
- 1 lb. chicken livers

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.

Athletic Performance: Week 4 + 2 days

Vegetables

1 zucchini
2 carrots
3 large sweet potatoes
2 butternut squash
1 head of Boston lettuce
10-12 oz. of mixed greens
10-12 oz. of spinach
2 onions
2 pints of cherry tomatoes
3 bell peppers
4 avocados
1 head of romaine lettuce
7 shallots
1 bunch of green onions
10-12 tomatillos
1 bunch of asparagus
1 bulb of fennel
1 dozen baby Portobello mushroom
1 lb. of fresh green beans
3 large tomatoes
1 head of cauliflower
1 bunch of broccoli
1 package of artichoke hearts
2 jalapeno peppers
1 acorn squash
3-4 inches of fresh saved horseradish

Fruits

3 oranges
5 limes
1 persimmon
3 lemons
1 pineapple
1 banana
½ a pint of fresh cranberries
1 large plantain

This week calls for approx. 64 ounces beef Bone Broth, if you don't already have some made grab a bunch of beef bones from the butcher. (Recipe on page 234)

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.

Meat, Seafood & eggs

4 dozen eggs
2 6-ounce can of tuna
3-4 6-ounce cans of wild salmon
3 lbs. of ground pork
1 lb. ground lamb
2 lbs. beef marrow bones
2 lbs. bone-in, skin-on chicken
1 lb. ground bison
1 lb. large wild scallops
6 beef shanks
2 lb. of bacon
2+ lbs. wild jumbo or colossal shrimp
1 lb. ground beef
1 ½ lbs. skirt steak
6 chicken legs

+ 2 days**Vegetables**

2 zucchini
1 large sweet potato
1 bunch of kale
1 cucumber
1 head of savory cabbage
1 head of cauliflower
10-12 oz. of mixed greens
1 bag of spinach
2 avocado
3 onions
4 carrots
1 32-ounce can whole peeled plum tomatoes
1 32-ounce can crushed or diced tomatoes

Fruits

15-16 ounces fresh cranberries
2 lemons
3 green apples

Meat, Seafood & eggs

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

Fat Loss: Week 1

Vegetables

- 1 zucchini
- 8 large carrots* (2 carrots are for the sauerkraut)
- 3 onions
- 2 bell peppers
- 1 beet
- 1 bulb of fennel
- 15-18 oz. of mixed greens
- 15-18 oz. of spinach
- 1 package of brussel sprouts
- 1 head of romaine lettuce
- 2 avocados
- 2 bunches of kale
- 2 bunches of asparagus
- 2 heads cauliflower
- 2 shallots
- 1 lb. green beans
- 1 package nori (seaweed)
- 3 cucumbers
- 1 bunch of green onions
- 3-4 pearl onions
- 1 bunch of broccoli
- 1 large handful of string beans
- 1 pint of cherry tomatoes
- 1 large tomato
- 1 jar of grape leaves
- 1 package of artichoke hearts
- 1 large head of green cabbage*

Fruits

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

Meat, Seafood & eggs

- 2 dozen eggs
- 2 lb. of bacon
- 1 lb. ground pork
- 12 bone-in, skin-on chicken thighs
- 1 lb. skirt steak
- 4 6-ounce cans of wild salmon
- 1 1/2 - 2 lb. flank steak
- 2 turkey legs
- 12 ounces wild smoked salmon (lox)
- 1 lb. ground lamb
- 1 lb. lemon sole
- 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.

Fat Loss: Week 2

Vegetables

- 5-6 oz. of spinach
- 10-12 oz. of mixed greens
- 7 carrots
- 8 small yellow squash
- 3 zucchinis
- 3 cucumbers
- 2 onions
- 4 parsnips
- 1 head of red cabbage
- 3 bell peppers (get a mix of colors)
- 1 package artichoke hearts
- 1 beet
- 1 package of artichoke hearts
- 1 head of red cabbage
- 1 head of butter lettuce
- 2 bunches of broccoli (save stems)
- 2 avocados
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 1 15-ounce can of plain tomato sauce
- 1 package of Brussels sprouts
- 1 bulb of fennel
- 2-3 daikon radishes
- 1 lb. asparagus
- 1 pint of cherry tomatoes
- 1 bunch of green onions

Fruits

- 2 orange
- 4 limes
- 4 lemons
- 1 pomegranate (save seeds)
- 1 mango
- 1 pint of berries of your choice

Meat, Seafood & eggs

- 2 lbs. ground turkey
- 4 dozen eggs
- 3-4 dozen large shrimp
- 2 pork tenderloins
- 1 lbs. of bacon
- 2-3 lbs. of bone-in beef short ribs
- 6 chicken legs
- 1 lb. wild salmon
- 1 lb. boneless, skinless chicken thighs
- 1 lb. wild tuna steaks

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.

Fat Loss: Week 3

Vegetables

- 5 avocados
- 2 bunches of kale
- 10-12 oz. of spinach
- 2 carrots
- 1 bunch celery
- 18-20 oz. of mixed greens
- 1 head of red cabbage
- 2 bell peppers
- 4 onions
- 1 red onion
- 1 beet
- 1 package of mushrooms
- 1 spaghetti squash
- 1 12 oz. can of tomato paste
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 1 package of brussel sprouts
- 1 bunch of broccoli
- 1 head of cauliflower
- 2 large heads of romanesco
- 1 package of toasted nori (seaweed)
- 1 bunch of green onions
- 2 cucumbers
- 1 head of romaine lettuce
- 1 pint of cherry tomatoes

Fruits

- 1 blood orange
- 2 lemons
- 1 orange (save zest)
- 1 pint of frozen or fresh cherries
- 1 green apple

Meat, Seafood & eggs

- 3 dozen eggs
- 1 ½ lb. ground beef
- 4 lbs. ground pork
- 4 bone-in, skinless chicken thighs
- 3 lbs. of bacon
- 1 lb. lemon sole
- 2 duck legs
- 2 6-ounce cans of tuna
- 12 ounces wild smoked salmon (lox)
- 2 lbs. lamb chops

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.

Fat Loss: Week 4 + 2 days

Vegetables

3 zucchini
2 carrots
3 large sweet potatoes
2 butternut squash
1 head of Boston lettuce
10-12 oz. of mixed greens
10-12 oz. of spinach
2 onions
2 pints of cherry tomatoes
3 bell peppers
4 avocados
1 head of romaine lettuce
7 shallots
1 bunch of green onions
10-12 tomatillos
1 bunch of asparagus
1 bulb of fennel
1 dozen baby Portobello mushroom
1 lb. of fresh green beans
3 large tomatoes
1 head of cauliflower
1 bunch of broccoli
1 package of artichoke hearts
2 jalapeno peppers
3-4 inches of fresh saved horseradish

Fruits

3 oranges
5 limes
1 persimmon
3 lemons
1 pineapple (save half for salsa on day 23)

This week calls for approx. 64 ounces beef Bone Broth, if you don't already have some prepared, pick up 3-4lbs of beef or other bones from the butcher. (Recipe on page 234)

Meat, Seafood & eggs

3 dozen eggs
2 6-ounce can of tuna
3-4 6-ounce cans of wild salmon
2 ½ lbs. of ground pork
1 lb. ground lamb
2 lbs. beef marrow bones
2 lbs. bone-in, skin-on chicken
1 lb. ground bison
1 lb. large wild scallops
6 beef shanks
1 ½ lb. of bacon
2+ lbs. wild jumbo or colossal shrimp
1 lb. ground beef
1 ½ lbs. skirt steak
6 chicken legs

+ 2 days

Vegetables

2 zucchini
1 bunch of kale
1 cucumber
1 head of savory cabbage
1 head of cauliflower
10-12 oz. bags of mixed greens
5-6 oz. of spinach
2 avocado
3 onions
4 carrots
1 32-ounce can whole peeled plum tomatoes
1 32-ounce can crushed or diced tomatoes

Fruits

15-16 ounces fresh cranberries
2 lemons
3 green apples

Meat, Seafood & eggs

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

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.

Additional **Practical Paleo** book resources can be found at www.balancedbites.com/practicalpaleo

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

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 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

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.