

Week 1 Shopping List

PRODUCE

asparagus, 1 pound (about 1 bunch), or green beans, 1 pound
asparagus, $\frac{1}{8}$ pound ($\frac{1}{2}$ cup chopped)
avocados, 2
bananas, green-tipped, 8 medium
basil leaves, about $\frac{1}{4}$ bunch ($\frac{1}{4}$ cup chopped)
broccoli, 1 large head
Brussels sprouts, 1 pound
cauliflower, 2 medium to large heads
celery, about $\frac{1}{2}$ stalk
chives, fresh, 2 tablespoons chopped
cilantro, fresh, $\frac{1}{4}$ cup chopped
fennel, about $\frac{1}{8}$ pound ($\frac{1}{2}$ cup sliced)
garlic, 4 cloves
green apples, 2
green bell pepper, 1
green onion, 1 (2 tablespoons chopped)
kale, about $\frac{1}{3}$ pound (2 cups chopped)
lemons, 4 medium
lime, $\frac{1}{2}$
onions (yellow, red, or a combination), 4 small
potatoes, white or sweet, 2 large
red bell peppers, 2
red onions, 3 small + 2 medium
romaine lettuce, $1\frac{1}{2}$ pounds
ruby red grapefruit, 1
spinach, $\frac{1}{4}$ pound
sweet potatoes, 2 large
tomatoes, 2
yellow bell peppers, 2
yellow onions, 2 small

FOR SERVING

carrots
celery
green salad

MEAT & SEAFOOD

bacon, 1 pound
chicken breasts, 2 pounds
chicken thighs, bone-in, with skin, 2 pounds
chicken wings, 2 pounds
deli turkey, 4 to 8 slices
ground pork, 1 pound
precooked 21DSD-approved breakfast sausages, 1 or 2
skirt steak, flank steak, or chicken breast, 1 pound
steak, 4 ounces ($\frac{1}{4}$ pound)
wild salmon, 2 (6-ounce) fillets

SEASONINGS, OILS, AND BAKING INGREDIENTS

allspice, $\frac{1}{4}$ teaspoon
apple cider vinegar, $\frac{1}{4}$ cup + 3 tablespoons
baking soda, $1\frac{1}{2}$ teaspoons
carob powder, 2 tablespoons
cashew flour, 1 cup
celery powder, $\frac{1}{2}$ tablespoon
chili powder, $\frac{1}{4}$ cup + $\frac{1}{2}$ tablespoon
chipotle powder, 1 tablespoon + 1 teaspoon
cocoa powder, 2 tablespoons
coconut aminos, $\frac{1}{2}$ cup
coconut flour, $\frac{3}{4}$ cup
coconut oil, $\frac{1}{4}$ cup + 3 tablespoons
dill weed, $2\frac{1}{2}$ tablespoons
dried chives, 5 tablespoons
dried garlic flakes, $1\frac{1}{4}$ cups
dried ground sage, 1 tablespoon
dried lemon peel, 2 tablespoons + $2\frac{1}{2}$ teaspoons
dried onion flakes, 5 tablespoons
dried oregano leaves, 3 tablespoons + 1 teaspoon
dried parsley, $\frac{1}{4}$ cup + $1\frac{1}{2}$ tablespoons
extra-virgin olive oil, $\frac{3}{4}$ cup + 2 tablespoons

fennel seeds, 1 tablespoon
fish sauce, 2 to 3 dashes
garlic powder, 3 tablespoons + $\frac{1}{2}$ teaspoon
ginger powder, $\frac{1}{4}$ teaspoon
granulated garlic, $\frac{1}{2}$ cup + $\frac{1}{2}$ tablespoon
granulated onion, $\frac{1}{4}$ cup + $\frac{1}{2}$ tablespoon
ground cinnamon, 2 tablespoons + 2 teaspoons
ground cloves, 2 pinches
mustard powder, $3\frac{1}{2}$ teaspoons
onion powder, 3 tablespoons
paprika, $\frac{1}{2}$ cup + 1 tablespoon + $\frac{1}{2}$ teaspoon
poppy seeds, $3\frac{1}{3}$ tablespoons
pumpkin pie spice, 1 teaspoon
pure vanilla extract, $2\frac{3}{4}$ teaspoons
red pepper flakes, $\frac{1}{4}$ teaspoon
red wine vinegar, $\frac{1}{4}$ cup
rice vinegar, $\frac{1}{4}$ cup
sesame seeds, 3 tablespoons + $\frac{1}{2}$ teaspoon
smoked paprika, 2 tablespoons
sweet paprika, 1 tablespoon
vanilla bean pod, $\frac{1}{4}$, or pure vanilla extract, $\frac{1}{2}$ teaspoon

PANTRY ITEMS

almond butter, $\frac{1}{4}$ cup
canned pumpkin, $\frac{1}{4}$ cup
coconut cream, $2\frac{1}{4}$ cups (or three $13\frac{1}{2}$ -ounce cans of full-fat coconut milk)
hot sauce, sugar-free/sweetener-free, 3 tablespoons
mayonnaise, 2 tablespoons (or homemade, page 246)
nuts, raw, 2 cups
peanut butter or other nut or seed butter, $\frac{1}{2}$ cup + 2 tablespoons
tomato paste, 6 ounces

CHEESE (Levels 1 & 2 only)

goat cheese, 2 ounces
mizithra, feta cheese, or goat cheese, full-fat, 4 ounces

EGGS AND NUT MILKS

almond milk or cashew milk, full-fat, 1 cup (or homemade, page 242)
coconut milk, full-fat, 2 cups + 3 tablespoons (or homemade, page 243)
eggs, 2 dozen

MISC.

cooking fat, $\frac{1}{4}$ cup + 1 tablespoon + 2 teaspoons
ghee, $\frac{1}{4}$ cup + 2 tablespoons
pico de gallo, 2 tablespoons
salsa, for serving

If making Healthy Homemade Mayonnaise (page 246)

Dijon mustard, gluten-free, 2 teaspoons
eggs, 4
extra-virgin olive oil, $\frac{1}{2}$ cup
lemon juice, 2 tablespoons
macadamia nut oil or other oil, 1 cup

If making Cashew "Cheese" Sauce (page 235)

cashews, raw, 1 cup
garlic powder, 1 teaspoon
nutritional yeast, 1 cup
onion powder, 1 teaspoon
paprika, $\frac{1}{2}$ teaspoon
sweet potato, about $\frac{1}{4}$ pound

Week 2 Shopping List

PRODUCE

arugula, ½ pound
avocado, 1
banana, green-tipped, 1 medium
basil leaves, 2 bunches (2 cups tightly packed)
broccoli, 2 large heads
butter lettuce, 10 leaves
carrots, 9 medium
celery, about ½ stalk
cilantro, ¼ cup chopped
coleslaw mix, 2 (16-ounce) bags (or an equivalent amount of shredded cabbage and carrots)
garlic, 15 to 17 cloves (about 1½ heads)
green apples, 2
jalapeño peppers, 2
lemons, 1½ medium
mushrooms (sliced), 2 pounds
red onions, 2 small + 2 medium
romaine lettuce, ¼ pound (1 cup chopped)
romaine lettuce leaves, 6 large, or butter lettuce leaves, 10 small
shallot or garlic, ½ teaspoon minced
tomato, 1 medium
yellow onions, 2 medium
yellow or red potatoes, 1 pound
zucchini, 2 large or 4 small

MEAT & SEAFOOD

chicken, 1 whole (about 3½ to 4 pounds)
chicken thighs, 1 pound boneless, skinless, or 2 pounds bone-in
ground beef, 1 pound
ground pork, ½ pound
ham, cooked, ½ pound
pork chops, bone-in, 2 (1 inch thick; 6 to 8 ounces each)
pork shoulder roast, 4 pounds
precooked 21DSD-approved breakfast sausages, 1 or 2

SEASONINGS, OILS, AND BAKING INGREDIENTS

apple cider vinegar, ½ teaspoon
balsamic vinegar, ⅓ cup
carob powder, unsweetened, 1 tablespoon
cocoa powder, unsweetened, 2 tablespoons
coconut aminos, ½ cup
dried ground oregano, 2 teaspoons
extra-virgin olive oil, 1¼ cups
fish sauce, 2 to 3 dashes
garlic powder, 1¼ teaspoons
ground cinnamon, 2 teaspoons
nutmeg, 2 dashes
onion powder, 1½ teaspoons
pure vanilla extract, 1¼ teaspoons
red pepper flakes, ½ teaspoon
red wine vinegar, ¼ cup + 2 tablespoons
rice vinegar, ¼ cup
sesame seeds, ½ teaspoon

PANTRY ITEMS

almond butter, 2 tablespoons
almonds, raw, 1 cup
cashews or walnuts, raw, ½ cup chopped
chicken broth, 1½ cups (or homemade, page 244)
coconut, unsweetened finely shredded, ½ cup
coconut cream, ¾ cup (or one 13½-ounce can of full-fat coconut milk)
Dijon mustard, gluten-free, 1 tablespoon + 1 teaspoon
mayonnaise, 4 to 6 tablespoons (or homemade, page 246)
nuts, raw, 1 cup
pasta sauce, sugar-free, 1 (24-ounce) jar
peanut butter or other nut or seed butter, ½ cup
pine nuts, ¼ cup, or walnut halves, ½ cup
tuna, 2 (6-ounce) cans

CHEESE (Levels 1 & 2 only)

blue cheese or goat cheese, 2 tablespoons crumbled
cheddar cheese, 4 ounces
grated cheese of choice, for topping
hard cheese, such as Parmigiano-Reggiano or Pecorino Romano, 1 ounce (¼ cup shredded)

EGGS AND NUT MILKS

coconut milk, full-fat, 2 cups (or homemade, page 243)
eggs, 7

MISC.

cooking fat, ¾ cup + 2 tablespoons
ghee, 1 tablespoon

If making Healthy Homemade Mayonnaise (page 246)

Dijon mustard, gluten-free, 1 teaspoon
eggs, 2
extra-virgin olive oil, ¼ cup
lemon, 1 small
macadamia nut oil or other oil, ½ cup

Week 3 Shopping List

PRODUCE

basil leaves, about ¼ bunch (¼ cup + 1 tablespoon chopped)
butternut squash, 1 large (2 to 3 pounds)
cauliflower, 2 large heads
cilantro, 1 bunch (1¼ cups chopped)
cilantro, basil, or mint (or any combination), ½ cup chopped
cucumber, 1 medium
eggplant, 1 large
garlic, 1 head + 12 cloves (about 2 heads)
green onions, 1 bunch (1 cup chopped)
lemons, 4 medium
red bell peppers, 2
red onions, 1 medium + 1½ small
romaine hearts, 2
romaine lettuce, ¼ pound
spinach, 1 pound
tomato, 1
yellow bell pepper, 1
yellow onion, 1 medium

FOR SERVING

green salad

MEAT & SEAFOOD

chicken thighs, bone-in, with skin, 2 pounds
ground lamb or beef, 1 pound
ground pork or other higher-fat ground meat, 1 pound
ground pork, 2 pounds
precooked 21DSD-approved breakfast sausages, 1 or 2
steak, 4 ounces (¼ pound)

SEASONINGS, OILS, AND BAKING INGREDIENTS

apple cider vinegar, 1 teaspoon
coconut aminos, 1 cup
dried ground oregano, 1 teaspoon
extra-virgin olive oil, ¾ cup + 2 tablespoons
fish sauce, ½ teaspoon
garlic powder, 1 teaspoon
ginger powder, ½ teaspoon
granulated garlic, ½ teaspoon
granulated onion, ¼ teaspoon
paprika, ¼ teaspoon
sesame oil, 2 teaspoons

PANTRY ITEMS

almonds, raw, 1 cup
coconut cream, 1½ cups (or two 13½-ounce cans of full-fat coconut milk)
diced tomatoes, 1 (28-ounce) can
Kalamata olives, whole or sliced, ¼ cup
pine nuts, toasted, 2 tablespoons
tahini, ½ cup

CHEESE *(Levels 1 & 2 only)*

goat cheese, 2 ounces
Parmesan cheese, ½ cup grated

EGGS AND NUT MILKS

coconut milk, full-fat, ¼ cup (or homemade, page 243)
eggs, 10 or 11

MISC.

cooking fat, ¾ cup + 1 tablespoon
riced cauliflower, 3 (12-ounce) packages