

THE 21 DAY SUGAR DETOX

GUIDEBOOK shopping lists



Looking for the **21DSD COOKBOOK** shopping lists?
Look for the **purple** page!

SHOPPING LIST

level 1 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ancho chili powder
- basil (fresh)
- black pepper
- brewer's yeast
- cayenne
- chili powder
- chipotle powder
- chives (fresh)
- cilantro (fresh but best to keep on hand weekly)
- cinnamon
- coriander
- cumin
- fennel seeds (ground)
- garlic (fresh)
- ginger (fresh)
- granulated garlic
- nutmeg
- onion powder
- oregano
- paprika
- pumpkin pie spice
- pure vanilla extract
- red chili flakes
- rosemary
- saffron
- sage (ground)
- sage leaves (fresh)
- sea salt
- smoked paprika
- turmeric
- unsweetened cocoa powder

OPTIONAL

- Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- bacon fat
- coconut oil
- duck fat
- macadamia nut oil
- olive oil
- unsalted butter

CANNED & JARRED

- capers
- coconut milk
- dijon mustard (gluten-free)
- kalamata olives
- pumpkin
- tomato paste
- tomatoes (diced)

NUTS & SEEDS

- almonds
- almonds- sliced
- almond butter
- almond meal
- chia seeds
- coconut flour
- macadamia nuts
- sesame seeds
- walnuts

SAUCES

- apple cider vinegar
- baking soda
- balsamic vinegar
- coconut aminos
- fish sauce
- hot sauce
- raw tahini (ground sesame paste)
- rice wine vinegar
- tessamae's wing sauce

SHOPPING LIST

level 1 MEAL PLAN

week 1

VEGETABLES

- 5 avocados
- Spinach
- 3 bunches green onions
- 1 yellow onion
- 2 red onions
- 1 tomato
- 2 bunch leafy greens
- 4 heads of cauliflower
- 2 yellow bell peppers
- 3 red bell peppers
- 1 orange bell pepper
- 2 bunches of carrots
- ½ c. cherry tomatoes
- 3 shallots
- 3-4 golden beets
- 1 large bunch curly kale
- 1 head red cabbage
- 3 bulbs bok choy
- 8 medium parsnips
- 1 cup peas
- 1 cup snow peas
- 4 large zucchini or yellow squash
- 2 cucumbers
- 1 large head broccoli

FRUIT

- 8 lemons
- 4 limes
- 1 green apple
- 2 green tipped bananas
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 2 lb. bacon
- 2 ½ lb. boneless skinless chicken breast
- 2 dozen eggs
- 2 lb. ground beef
- 2 lb. ground lamb
- 2 lb. lean beef (such as london broil) or chicken or turkey
- 4 - 4-6 oz. wild salmon fillets
- 1 lb. ground beef, chicken, pork, or turkey
- 2 lb. ground pork or turkey
- 1 ½ - 2 lb. bones
- 12 bone-in, skin on, chicken thighs
- 5 dozen extra-large shrimp
- 12 clams
- 2 mussels
- 4 - 6-ounce cans salmon

OPTIONAL

- rice
- black beans
- full fat yogurt
- coconut milk
- quinoa

SHOPPING LIST

level 1 MEAL PLAN

week 2

VEGETABLES

- spinach
- 4 large zucchini or yellow squash
- 12 cherry tomatoes
- 1 shallot
- 1 large head broccoli
- 2 red cabbages
- 2 bunch green onions
- 2 heads cauliflower
- 1-2 bulbs fennel
- Salad greens or baby spinach
- 2 bunches carrots
- 2 avocados
- 4 cucumbers
- 3 yellow onion
- 1 bunch celery
- 1 package kelp flakes or nori
- 1 head romaine lettuce
- 1 cup frozen or canned artichoke hearts
- 3 large tomatoes
- 1 spaghetti squash
- 2 dozen brussel sprouts

FRUIT

- 7 lemons
- 2 limes
- 4 green apple
- 2 green tipped bananas
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 2 lb. bacon
- 2 dozen eggs
- 1 lb. skirt steak
- 1 ½ lb. pork tenderloin (approx. 2 tenderloins)
- 1 whole 4-6 lb. chicken
- 2 lb. lemon sole (or other delicate white fish)
- 1 ½ - 2 lb. bones
- 4 (6 oz. cans tuna)
- 1 lb. ground lamb, beef, or turkey
- 1 lb. ground beef, chicken, pork, or turkey
- 8 bone -in, skin-on chicken thighs
- ½ lb. ground veal or beef
- ½ lb. ground pork
- 1 lb. lean beef (such as London broil)
- 2 lb. bone-in pork chop
-

OPTIONAL

- rice
- black beans
- full fat yogurt
- coconut milk
- quinoa

SHOPPING LIST

level 1 MEAL PLAN

week 3

VEGETABLES

- 1 bunch carrots
- 1-2 heads lettuce
- 6 avocados
- 2 jalapeno pepper
- 1 jicama bulb
- 2 yellow onions
- 2 red bell peppers
- 2 poblano peppers
- 6 bell peppers
- 1 bunch celery
- 10 large zucchini
- 2 medium heads of cauliflower
- 1 head green cabbage
- 4 1/2 cups canned or frozen artichoke hearts
- 1 large tomato
- 1 small eggplant
- 1 spaghetti squash
- 1 banana pepper
- 1 bunch spinach
- 12 cherry tomatoes

FRUIT

- 5 lemons
- 2 limes
- 4 green tipped bananas
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 4 dozen eggs
- 4 doz. medium shrimp
- 1 1/2 -2 lb. bones
- 1 lb. ground pork or turkey
- 1 lb. ground lamb
- 1 lb. wild salmon fillets
- 8 bone-in, skin-on chicken thighs
- 1 lb. ground beef, chicken, bison, or turkey
- 2 lb. ground beef
- 1 lb. ground pork
- 4 chicken leg quarters
- 1 lb. lean beef (such as London broil)
- 2 lb. bacon
- 1 lb. boneless skinless chicken breast

OPTIONAL

- rice
- black beans
- full fat yogurt
- coconut milk
- quinoa
- garbanzo beans
- full fat cheese

SHOPPING LIST

level 2 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ancho chili powder
- basil (fresh)
- black pepper
- brewer's yeast
- cayenne
- chili powder
- chipotle powder
- chives (fresh)
- cilantro (fresh but best to keep on hand weekly)
- cinnamon
- coriander
- cumin
- fennel seeds (ground)
- garlic (fresh)
- ginger (fresh)
- granulated garlic
- nutmeg
- onion powder
- oregano
- paprika
- pumpkin pie spice
- pure vanilla extract
- red chili flakes
- rosemary
- saffron
- sage (ground)
- sage leaves (fresh)
- sea salt
- smoked paprika
- turmeric
- unsweetened cocoa powder

OPTIONAL

- Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- bacon fat
- coconut oil
- duck fat
- macadamia nut oil
- olive oil
- unsalted butter

CANNED & JARRED

- capers
- coconut milk
- dijon mustard (gluten-free)
- kalamata olives
- pumpkin
- tomato paste
- tomatoes (diced)

NUTS & SEEDS

- almonds
- almonds- sliced
- almond butter
- almond meal
- chia seeds
- coconut flour
- macadamia nuts
- sesame seeds
- walnuts

SAUCES

- apple cider vinegar
- baking soda
- balsamic vinegar
- coconut aminos
- fish sauce
- hot sauce
- raw tahini (ground sesame paste)
- rice wine vinegar
- tessamae's wing sauce

SHOPPING LIST

level 2 MEAL PLAN

week 1

VEGETABLES

- 5 avocados
- Spinach
- 3 bunches green onions
- 1 yellow onion
- 2 red onions
- 1 tomato
- 2 bunch leafy greens
- 4 heads of cauliflower
- 2 yellow bell peppers
- 3 red bell peppers
- 1 orange bell pepper
- 2 bunches of carrots
- ½ c. cherry tomatoes
- 3 shallots
- 3-4 golden beets
- 1 large bunch curly kale
- 1 head red cabbage
- 3 bulbs bok choy
- 8 medium parsnips
- 1 cup peas
- 1 cup snow peas
- 4 large zucchini or yellow squash
- 2 cucumbers
- 1 large head broccoli

FRUIT

- 8 lemons
- 4 limes
- 1 green apple
- 2 green tipped bananas
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 2 lb. bacon
- 2 ½ lb. boneless skinless chicken breast
- 2 dozen eggs
- 2 lb. ground beef
- 2 lb. ground lamb
- 2 lb. lean beef (such as london broil) or chicken or turkey
- 4 - 4-6 oz. wild salmon fillets
- 1 lb. ground beef, chicken, pork, or turkey
- 2 lb. ground pork or turkey
- 1 ½ - 2 lb. bones
- 12 bone-in, skin on, chicken thighs
- 5 dozen extra-large shrimp
- 12 clams
- 2 mussels
- 4 - 6-ounce cans salmon

OPTIONAL

- full fat yogurt
- coconut milk
- full fat milk

SHOPPING LIST

level 2 MEAL PLAN

week 2

VEGETABLES

- spinach
- 4 large zucchini or yellow squash
- 12 cherry tomatoes
- 1 shallot
- 1 large head broccoli
- 2 red cabbages
- 2 bunch green onions
- 2 head cauliflower
- 1-2 bulbs fennel
- Salad greens or baby spinach
- 2 bunches carrots
- 2 avocados
- 4 cucumbers
- 3 yellow onion
- 1 bunch celery
- 1 package kelp flakes or nori
- 1 head romaine lettuce
- 1 cup frozen or canned artichoke hearts
- 3 large tomatoes
- 1 spaghetti squash
- 2 dozen brussel sprouts

FRUIT

- 7 lemons
- 2 limes
- 4 green apple
- 2 green tipped bananas
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 2 lb. bacon
- 2 dozen eggs
- 1 lb. skirt steak
- 1 ½ lb. pork tenderloin (approx. 2 tenderloins)
- 1 whole 4-6 lb. chicken
- 2 lb. lemon sole (or other delicate white fish)
- 1 ½ - 2 lb. bones
- 4 (6 oz. cans tuna)
- 1 lb. ground lamb, beef, or turkey
- 1 lb. ground beef, chicken, pork, or turkey
- 8 bone -in, skin-on chicken thighs
- ½ lb. ground veal or beef
- ½ lb. ground pork
- 1 lb. lean beef (such as London broil)
- 2 lb. bone-in pork chop

OPTIONAL

- full fat yogurt
- coconut milk
- full fat milk

SHOPPING LIST

level 2 MEAL PLAN

week 3

VEGETABLES

- 1 bunch carrots
- 1-2 heads lettuce
- 6 avocados
- 2 jalapeño peppers
- 1 jicama bulb
- 2 yellow onions
- 2 red bell peppers
- 1 bunch celery
- 2 poblano peppers
- 6 bell peppers
- 10 large zucchini
- 2 medium heads of cauliflower
- 1 head green cabbage
- 4 1/2 cups canned or frozen artichoke hearts
- 1 large tomato
- 1 small eggplant
- 1 spaghetti squash
- 1 banana pepper
- 1 bunch spinach
- 12 cherry tomatoes

FRUIT

- 4 green tipped banana
- 5 lemons
- 2 limes
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 2 lb. bacon
- 4 dozen eggs
- 4 doz. medium shrimp
- 1 ½ -2 lb. bones
- 1 lb. ground pork or turkey
- 1 lb. ground lamb
- 1 lb. wild salmon fillets
- 8 bone-in, skin-on chicken thighs
- 1 lb. ground beef, chicken, bison, or turkey
- 2 lb. ground beef
- 1 lb. ground pork
- 4 chicken leg quarters
- 1 lb. lean beef (such as london broil)
- 2 lb. bacon
- 1 lb. boneless skinless chicken breast

OPTIONAL

- full fat yogurt
- coconut milk
- full fat milk



SHOPPING LIST

level 3 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ancho chili powder
- basil (fresh)
- black pepper
- brewer's yeast
- cayenne
- chili powder
- chipotle powder
- chives (fresh)
- cilantro (fresh but best to keep on hand weekly)
- cinnamon
- coriander
- cumin
- fennel seeds (ground)
- garlic (fresh)
- ginger (fresh)
- granulated garlic
- nutmeg
- onion powder
- oregano
- paprika
- pumpkin pie spice
- pure vanilla extract
- red chili flakes
- rosemary
- saffron
- sage (ground)
- sage leaves (fresh)
- sea salt
- smoked paprika
- turmeric
- unsweetened cocoa powder

OPTIONAL

- Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- bacon fat
- coconut oil
- duck fat
- macadamia nut oil
- olive oil
- unsalted butter

CANNED & JARRED

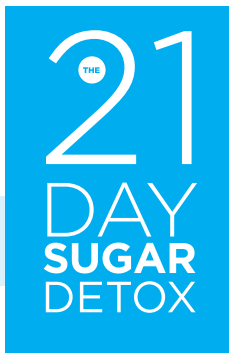
- capers
- coconut milk
- dijon mustard (gluten-free)
- kalamata olives
- pumpkin
- tomato paste
- tomatoes (diced)

NUTS & SEEDS

- almonds
- almonds- sliced
- almond butter
- almond meal
- chia seeds
- coconut flour
- macadamia nuts
- sesame seeds
- walnuts

SAUCES

- apple cider vinegar
- baking soda
- balsamic vinegar
- coconut aminos
- fish sauce
- hot sauce
- raw tahini (ground sesame paste)
- rice wine vinegar
- tessamae's wing sauce



SHOPPING LIST

level 3 MEAL PLAN

week 1

VEGETABLES

- 5 avocados
- Spinach
- 3 bunches green onions
- 1 yellow onion
- 2 red onions
- 1 tomato
- 2 bunch leafy greens
- 4 heads of cauliflower
- 2 yellow bell peppers
- 3 red bell peppers
- 1 orange bell pepper
- 2 bunches of carrots
- ½ c. cherry tomatoes
- 3 shallots
- 3-4 golden beets
- 1 large bunch curly kale
- 1 head red cabbage
- 3 bulbs bok choy
- 8 medium parsnips
- 1 cup peas
- 1 cup snow peas
- 4 large zucchini or yellow squash
- 2 cucumbers
- 1 large head broccoli

FRUIT

- 8 lemons
- 4 limes
- 1 green apple
- 2 green tipped bananas
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 2 lb. bacon
- 2 ½ lb. boneless skinless chicken breast
- 2 dozen eggs
- 2 lb. ground beef
- 2 lb. ground lamb
- 2 lb. lean beef (such as london broil) or chicken or turkey
- 4 - 4-6 oz. wild salmon fillets
- 1 lb. ground beef, chicken, pork, or turkey
- 2 lb. ground pork or turkey
- 1 ½ - 2 lb. bones
- 12 bone-in, skin on, chicken thighs
- 5 dozen extra-large shrimp
- 12 clams
- 2 mussels
- 4 - 6-ounce cans salmon

OPTIONAL

- Rice
- Black Beans
- Full Fat Yogurt
- Coconut Milk
- Quinoa
- Garbanzo Beans
- Full Fat Cheese

SHOPPING LIST

level 3 MEAL PLAN

week 2

VEGETABLES

- spinach
- 4 large zucchini or yellow squash
- 12 cherry tomatoes
- 1 shallot
- 1 large head broccoli
- 2 red cabbages
- 2 bunch green onions
- 2 heads cauliflower
- 1-2 bulbs fennel
- Salad greens or baby spinach
- 2 bunches carrots
- 2 avocados
- 4 cucumbers
- 3 yellow onion
- 1 bunch celery
- 1 package kelp flakes or nori
- 1 head romaine lettuce
- 1 cup frozen or canned artichoke hearts
- 3 large tomatoes
- 1 spaghetti squash
- 2 dozen brussel sprouts

FRUIT

- 7 lemons
- 2 limes
- 4 green apple
- 2 green tipped bananas
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 2 lb. bacon
- 2 dozen eggs
- 1 lb. skirt steak
- 1 ½ lb. pork tenderloin (approx. 2 tenderloins)
- 1 whole 4-6 lb. chicken
- 2 lb. lemon sole (or other delicate white fish)
- 1 ½ - 2 lb. bones
- 4 (6 oz. cans tuna)
- 1 lb. ground lamb, beef, or turkey
- 1 lb. ground beef, chicken, pork, or turkey
- 8 bone -in, skin-on chicken thighs
- ½ lb. ground veal or beef
- ½ lb. ground pork
- 1 lb. lean beef (such as London broil)
- 2 lb. bone-in pork chop

SHOPPING LIST

level 3 MEAL PLAN

week 3

VEGETABLES

- 1 bunch carrots
- 1-2 heads lettuce
- 6 avocados
- 2 jalapeno pepper
- 1 jicama bulb
- 2 yellow onions
- 2 red bell peppers
- 2 poblano peppers
- 6 bell peppers
- 1 bunch celery
- 10 large zucchini
- 2 medium heads of cauliflower
- 1 head green cabbage
- 4 1/2 cups canned or frozen artichoke hearts
- 1 large tomato
- 1 small eggplant
- 1 spaghetti squash
- 1 banana pepper
- 1 bunch spinach
- 12 cherry tomatoes

FRUIT

- 5 lemons
- 2 limes
- 4 green tipped bananas
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 4 dozen eggs
- 4 doz. medium shrimp
- 1 1/2 -2 lb. bones
- 1 lb. ground pork or turkey
- 1 lb. ground lamb
- 1 lb. wild salmon fillets
- 8 bone-in, skin-on chicken thighs
- 1 lb. ground beef, chicken, bison, or turkey
- 2 lb. ground beef
- 1 lb. ground pork
- 4 chicken leg quarters
- 1 lb. lean beef (such as London broil)
- 2 lb. bacon
- 1 lb. boneless skinless chicken breast



COOKBOOK
shopping lists

SHOPPING LIST

level 1 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ancho chili powder
- basil (fresh)
- black pepper
- brewer's yeast
- cayenne
- chili powder
- chipotle powder
- chives (fresh)
- cilantro (fresh but best to keep on hand weekly)
- cinnamon
- coriander
- cumin
- fennel seeds (ground)
- garlic (fresh)
- ginger (fresh)
- granulated garlic
- nutmeg
- onion powder
- oregano
- paprika
- pumpkin pie spice
- pure vanilla extract
- red chili flakes
- rosemary
- saffron
- sage (ground)
- sage leaves (fresh)
- sea salt
- smoked paprika
- turmeric
- unsweetened cocoa powder

OPTIONAL

- Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- bacon fat
- coconut oil
- duck fat
- macadamia nut oil
- olive oil
- unsalted butter

CANNED & JARRED

- capers
- coconut milk
- dijon mustard (gluten-free)
- kalamata olives
- pumpkin
- tomato paste
- tomatoes (diced)

NUTS & SEEDS

- almonds
- almonds- sliced
- almond butter
- almond meal
- chia seeds
- coconut flour
- macadamia nuts
- sesame seeds
- walnuts

SAUCES

- apple cider vinegar
- baking soda
- balsamic vinegar
- coconut aminos
- fish sauce
- hot sauce
- raw tahini (ground sesame paste)
- rice wine vinegar
- tessamae's wing sauce

SHOPPING LIST

level 1 MEAL PLAN

week 1

VEGETABLES

- 12 small to medium onions (yellow or red)
- 2 jalapeño peppers
- 5 celery stalks
- 5 avocados
- 4 cucumbers
- 1 medium beet
- 12 carrots
- 1 tomato
- 1 head of lettuce
- 1 medium butternut squash (2 ½ pounds)
- 1 cup diced green beans
- 1 bunch kale
- 2 cups fresh basil
- 2 cups spinach
- 1 red bell pepper
- 1/2 cup sliced green onions
- 2 shallots
- 2 cups frozen or canned artichoke hearts
- 4 cups cauliflower florets
- 6+ sundried tomatoes
- 1 medium head cabbage
- 1-2 jalapeño peppers, optional
- garlic (several heads)
- fresh ginger
- fresh basil
- fresh dill
- fresh parsley
- fresh cilantro
- extra salad/leafy greens to go with meals (approx. 8 meals)
- raw veggies for snacks
- steamed green veggies of choice to go with meals (approx. 5 meals)

FRUIT

- 12 lemons
- 4 limes
- 11 green apples
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 3 dozen eggs
- 20 slices bacon (approx. 2 lbs)
- 3 (6 oz) cans wild albacore tuna
- 1 ½ pounds ground lamb
- 1 ½ - 2 pounds bones for broth
- 2 pounds boneless skinless turkey breast
- 4 (4-6 oz) wild caught salmon fillets
- 1 pound ground chicken, turkey or pork
- 2 pounds ground beef or bison
- 3 pounds boneless skinless chicken thighs
- 1-1 ½ fresh wild caught sushi grade ahi tuna (or wild caught salmon)
- 2 racks St Louis style pork ribs (about 5-6 lbs total)
- additional “protein of choice” for occasional breakfasts (approx. 2 meals)

OPTIONAL

- full fat cheese
- quinoa
- rice
- beans
- full fat milk
- ¼ sliced nori (optional for ahi tuna poke bowl)
- grass-fed whey protein powder*

* Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.

SHOPPING LIST

level 1 MEAL PLAN

week 2

VEGETABLES

- 1 head of green cabbage
- 2 dozen Brussels sprouts
- 15 small yellow onions
- 1 med. red onion
- garlic (several heads)
- 10 large parsnips
- 8 scallions (green onions)
- 1 bell pepper
- 5 mushrooms
- 1 large head cauliflower
- 1 dozen cremini or shiitake mushrooms
- 1 stalk lemongrass
- 3 shallots
- fresh ginger
- 1 head broccoli
- 1 head napa cabbage
- 1 bunch celery
- 1 yellow bell pepper
- 1 red bell pepper
- 1 jalapeño pepper, optional
- 12 carrots
- 1 fennel bulb
- 3 large cucumbers
- 1 avocado
- 2 large butternut squash
- 1 ½- 2 lbs green beans
- 2 cups of spinach leaves
- 2 cups basil
- 1 large bunch of kale
- fresh dill
- fresh cilantro
- fresh basil
- fresh thyme
- sage leaves
- extra salad/leafy greens to go with meals (approx. 3 meals)
- raw veggies for snacks

FRUIT

- 24 green apples
- 3 limes
- 4 lemons
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 3 dozen eggs
- ½ - 2 lbs of bones for broth
- 8 boneless, skinless chicken breasts
- 1.5 lb ground pork
- 1 ½ lbs flank steak
- 8 oz shrimp
- 4 (6 to 8 oz each) bone-in pork chops
- 1 (3 lb) pork roast
- 4 (6-8 oz) wild-caught Salmon fillets
- 3 lbs bone-in chicken thighs
- 1 lb ground beef, bison, or turkey
- 4 bone-in, skin-on chicken leg quarters
- 4 slices of bacon (approx ½ lb)
- additional “protein of choice” for occasional breakfast (1 meal)

OPTIONAL

- full fat cheese
- quinoa
- rice
- beans
- full fat milk

* Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.

SHOPPING LIST

level 1 MEAL PLAN

week 3

VEGETABLES

- 3 large red onions
- 5 large bell peppers
- 1 dozen small mushrooms
- 2 medium zucchini
- 3 large head cauliflower
- 17 green onions (scallions)
- 4 medium yellow onions
- 9 large parsnips
- 1 lb kale
- 1 butternut squash (optional)
- 8 cremini mushrooms
- 1 head bok choy (or 8 baby bok choy)
- 1 fennel bulb
- 2 shallots
- 2 Thai red chili peppers (or other spicy red chili peppers)
- 1 head butter lettuce
- 2 medium carrots
- 1 cup green beans
- 6+ sun-dried tomatoes
- 1 bunch celery
- 6 cremini mushrooms
- 10 oz hot chili peppers
- avocado, optional
- fresh garlic (several heads)
- fresh ginger
- fresh cilantro
- fresh mint
- fresh lemongrass 1 stalk
- extra salad/leafy greens to go with meals (approx. 3 meals)
- steamed green veggies of choice to go with meals (approx. 2 meals)
- raw veggies for snacks

FRUIT

- 8 green apples
- 6 limes
- 2 lemon
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 3 dozen eggs
- 2 dozen jumbo shrimp
- 2 lbs ground pork
- 1 ½- 2 lbs beef bones for broth
- 3 lbs ground beef or bison
- 2 lbs boneless, skinless chicken thighs
- 1 lb ground pork
- 4 boneless, skinless chicken breasts
- 2 pounds boneless skinless turkey breast
- 3 cups cooked shredded chicken
- 4 slices bacon (approx. ½ lb)
- additional “protein of choice” for occasional breakfasts (3 meals)

OPTIONAL

- full fat cheese
- rice
- beans
- full fat milk

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 2 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ancho chili powder
- basil (fresh)
- black pepper
- brewer's yeast
- cayenne
- chili powder
- chipotle powder
- chives (fresh)
- cilantro (fresh but best to keep on hand weekly)
- cinnamon
- coriander
- cumin
- fennel seeds (ground)
- garlic (fresh)
- ginger (fresh)
- granulated garlic
- nutmeg
- onion powder
- oregano
- paprika
- pumpkin pie spice
- pure vanilla extract
- red chili flakes
- rosemary
- saffron
- sage (ground)
- sage leaves (fresh)
- sea salt
- smoked paprika
- turmeric
- unsweetened cocoa powder

OPTIONAL

- Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- bacon fat
- coconut oil
- duck fat
- macadamia nut oil
- olive oil
- unsalted butter

CANNED & JARRED

- capers
- coconut milk
- dijon mustard (gluten-free)
- kalamata olives
- pumpkin
- tomato paste
- tomatoes (diced)

NUTS & SEEDS

- almonds
- almonds- sliced
- almond butter
- almond meal
- chia seeds
- coconut flour
- macadamia nuts
- sesame seeds
- walnuts

SAUCES

- apple cider vinegar
- baking soda
- balsamic vinegar
- coconut aminos
- fish sauce
- hot sauce
- raw tahini (ground sesame paste)
- rice wine vinegar
- tessamae's wing sauce

SHOPPING LIST

level 2 MEAL PLAN

week 1

VEGETABLES

- 12 small to medium onions (yellow or red)
- 2 jalapeño peppers
- 5 celery stalks
- 5 avocados
- 4 cucumbers
- 1 medium beet
- 12 carrots
- 1 tomato
- 1 head of lettuce
- 1 medium butternut squash (2 ½ pounds)
- 1 cup diced green beans
- 1 bunch kale
- 2 cups fresh basil
- 2 cups spinach
- 1 red bell pepper
- 1/2 cup sliced green onions
- 2 shallots
- 2 cups frozen or canned artichoke hearts
- 4 cups cauliflower florets
- 6+ sundried tomatoes
- 1 medium head cabbage
- 1-2 jalapeño peppers, optional
- garlic (several heads)
- fresh ginger
- fresh basil
- fresh dill
- fresh parsley
- fresh cilantro
- extra salad/leafy greens to go with meals (approx. 8 meals)
- raw veggies for snacks
- steamed green veggies of choice to go with meals (approx. 5 meals)

FRUIT

- 12 lemons
- 4 limes
- 11 green apples
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 3 dozen eggs
- 20 slices bacon (approx. 2 lbs)
- 3 (6 oz) cans wild albacore tuna
- 1 ½ pounds ground lamb
- 1 ½ - 2 pounds bones for broth
- 2 pounds boneless skinless turkey breast
- 4 (4-6 oz) wild caught salmon fillets
- 1 pound ground chicken, turkey or pork
- 2 pounds ground beef or bison
- 3 pounds boneless skinless chicken thighs
- 1-1 ½ fresh wild caught sushi grade ahi tuna (or wild caught salmon)
- 2 racks St Louis style pork ribs (about 5-6 lbs total)
- additional “protein of choice” for occasional breakfasts (approx. 2 meals)

OPTIONAL

- full fat cheese
- full fat milk
- ¼ sliced nori (optional for ahi tuna poke bowl)
- grass-fed whey protein powder

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 2 MEAL PLAN

week 2

VEGETABLES

- 1 head of green cabbage
- 2 dozen Brussels sprouts
- 15 small yellow onions
- 1 med. red onion
- garlic (several heads)
- 10 large parsnips
- 8 scallions (green onions)
- 1 bell pepper
- 5 mushrooms
- 1 large head cauliflower
- 1 dozen cremini or shiitake mushrooms
- 1 stalk lemongrass
- 3 shallots
- fresh ginger
- 1 head broccoli
- 1 head napa cabbage
- 1 bunch celery
- 1 yellow bell pepper
- 1 red bell pepper
- 1 jalapeño pepper, optional
- 12 carrots
- 1 fennel bulb
- 3 large cucumbers
- 1 avocado
- 2 large butternut squash
- 1 ½- 2 lbs green beans
- 2 cups of spinach leaves
- 2 cups basil
- 1 large bunch of kale
- fresh dill
- fresh cilantro
- fresh basil
- fresh thyme
- sage leaves
- extra salad/leafy greens to go with meals (approx. 3 meals)
- raw veggies for snacks

FRUIT

- 24 green apples
- 3 limes
- 4 lemons
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 3 dozen eggs
- ½ - 2 lbs of bones for broth
- 8 boneless, skinless chicken breasts
- 1.5 lb ground pork
- 1 ½ lbs flank steak
- 8 oz shrimp
- 4 (6 to 8 oz each) bone-in pork chops
- 1 (3 lb) pork roast
- 4 (6-8 oz) wild-caught Salmon fillets
- 3 lbs bone-in chicken thighs
- 1 lb ground beef, bison, or turkey
- 4 bone-in, skin-on chicken leg quarters
- 4 slices of bacon (approx ½ lb)
- additional “protein of choice” for occasional breakfast (1 meal)

OPTIONAL

- full fat cheese
- full fat milk

* Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.

SHOPPING LIST

level 2 MEAL PLAN

week 3

VEGETABLES

- 3 large red onions
- 5 large bell peppers
- 1 dozen small mushrooms
- 2 medium zucchini
- 3 large head cauliflower
- 17 green onions (scallions)
- 4 medium yellow onions
- 9 large parsnips
- 1 lb kale
- 1 butternut squash (optional)
- 8 cremini mushrooms
- 1 head bok choy (or 8 baby bok choy)
- 1 fennel bulb
- 2 shallots
- 2 Thai red chili peppers (or other spicy red chili peppers)
- 1 head butter lettuce
- 2 medium carrots
- 1 cup green beans
- 6+ sun-dried tomatoes
- 1 bunch celery
- 6 cremini mushrooms
- 10 oz hot chili peppers
- avocado, optional
- fresh garlic (several heads)
- fresh ginger
- fresh cilantro
- fresh mint
- fresh lemongrass 1 stalk
- extra salad/leafy greens to go with meals (approx. 3 meals)
- steamed green veggies of choice to go with meals (approx. 2 meals)
- raw veggies for snacks

FRUIT

- 8 green apples
- 6 limes
- 2 lemon
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 3 dozen eggs
- 2 dozen jumbo shrimp
- 2 lbs ground pork
- 1 ½- 2 lbs beef bones for broth
- 3 lbs ground beef or bison
- 2 lbs boneless, skinless chicken thighs
- 1 lb ground pork
- 4 boneless, skinless chicken breasts
- 2 pounds boneless skinless turkey breast
- 3 cups cooked shredded chicken
- 4 slices bacon (approx. ½ lb)
- additional “protein of choice” for occasional breakfasts (3 meals)

OPTIONAL

- full fat cheese
- full fat milk

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 3 MEAL PLAN

stocking THE pantry

HERBS & SPICES

- ancho chili powder
- basil (fresh)
- black pepper
- brewer's yeast
- cayenne
- chili powder
- chipotle powder
- chives (fresh)
- cilantro (fresh but best to keep on hand weekly)
- cinnamon
- coriander
- cumin
- fennel seeds (ground)
- garlic (fresh)
- ginger (fresh)
- granulated garlic
- nutmeg
- onion powder
- oregano
- paprika
- pumpkin pie spice
- pure vanilla extract
- red chili flakes
- rosemary
- saffron
- sage (ground)
- sage leaves (fresh)
- sea salt
- smoked paprika
- turmeric
- unsweetened cocoa powder

OPTIONAL

- Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- bacon fat
- coconut oil
- duck fat
- macadamia nut oil
- olive oil
- unsalted butter

CANNED & JARRED

- capers
- coconut milk
- dijon mustard (gluten-free)
- kalamata olives
- pumpkin
- tomato paste
- tomatoes (diced)

NUTS & SEEDS

- almonds
- almonds- sliced
- almond butter
- almond meal
- chia seeds
- coconut flour
- macadamia nuts
- sesame seeds
- walnuts

SAUCES

- apple cider vinegar
- baking soda
- balsamic vinegar
- coconut aminos
- fish sauce
- hot sauce
- raw tahini (ground sesame paste)
- rice wine vinegar
- tessamae's wing sauce

SHOPPING LIST

level 3 MEAL PLAN

week 1

VEGETABLES

- 12 small to medium onions (yellow or red)
- 2 jalapeño peppers
- 5 celery stalks
- 5 avocados
- 4 cucumbers
- 1 medium beet
- 12 carrots
- 1 tomato
- 1 head of lettuce
- 1 medium butternut squash (2 ½ pounds)
- 1 cup diced green beans
- 1 bunch kale
- 2 cups fresh basil
- 2 cups spinach
- 1 red bell pepper
- 1/2 cup sliced green onions
- 2 shallots
- 2 cups frozen or canned artichoke hearts
- 4 cups cauliflower florets
- 6+ sundried tomatoes
- 1 medium head cabbage
- 1-2 jalapeño peppers, optional
- garlic (several heads)
- fresh ginger
- fresh basil
- fresh dill
- fresh parsley
- fresh cilantro
- extra salad/leafy greens to go with meals (approx. 8 meals)
- raw veggies for snacks
- steamed green veggies of choice to go with meals (approx. 5 meals)

FRUIT

- 12 lemons
- 4 limes
- 11 green apples
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 3 dozen eggs
- 20 slices bacon (approx. 2 lbs)
- 3 (6 oz) cans wild albacore tuna
- 1 ½ pounds ground lamb
- 1 ½ - 2 pounds bones for broth
- 2 pounds boneless skinless turkey breast
- 4 (4-6 oz) wild caught salmon fillets
- 1 pound ground chicken, turkey or pork
- 2 pounds ground beef or bison
- 3 pounds boneless skinless chicken thighs
- 1-1 ½ fresh wild caught sushi grade ahi tuna (or wild caught salmon)
- 2 racks St Louis style pork ribs (about 5-6 lbs total)
- additional “protein of choice” for occasional breakfasts (approx. 2 meals)

OPTIONAL

- ¼ sliced nori (optional for ahi tuna poke bowl)
- grass-fed whey protein powder

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 3 MEAL PLAN

week 2

VEGETABLES

- 1 head of green cabbage
- 2 dozen Brussels sprouts
- 15 small yellow onions
- 1 med. red onion
- garlic (several heads)
- 10 large parsnips
- 8 scallions (green onions)
- 1 bell pepper
- 5 mushrooms
- 1 large head cauliflower
- 1 dozen cremini or shiitake mushrooms
- 1 stalk lemongrass
- 3 shallots
- fresh ginger
- 1 head broccoli
- 1 head napa cabbage
- 1 bunch celery
- 1 yellow bell pepper
- 1 red bell pepper
- 1 jalapeño pepper, optional
- 12 carrots
- 1 fennel bulb
- 3 large cucumbers
- 1 avocado
- 2 large butternut squash
- 1 ½- 2 lbs green beans
- 2 cups of spinach leaves
- 2 cups basil
- 1 large bunch of kale
- fresh dill
- fresh cilantro
- fresh basil
- fresh thyme
- sage leaves
- extra salad/leafy greens to go with meals (approx. 3 meals)
- raw veggies for snacks

FRUIT

- 24 green apples
- 3 limes
- 4 lemons
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 3 dozen eggs
- ½ - 2 lbs of bones for broth
- 8 boneless, skinless chicken breasts
- 1.5 lb ground pork
- 1 ½ lbs flank steak
- 8 oz shrimp
- 4 (6 to 8 oz each) bone-in pork chops
- 1 (3 lb) pork roast
- 4 (6-8 oz) wild-caught Salmon fillets
- 3 lbs bone-in chicken thighs
- 1 lb ground beef, bison, or turkey
- 4 bone-in, skin-on chicken leg quarters
- 4 slices of bacon (approx ½ lb)
- additional “protein of choice” for occasional breakfast (1 meal)

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST

level 3 MEAL PLAN

week 3

VEGETABLES

- 3 large red onions
- 5 large bell peppers
- 1 dozen small mushrooms
- 2 medium zucchini
- 3 large head cauliflower
- 17 green onions (scallions)
- 4 medium yellow onions
- 9 large parsnips
- 1 lb kale
- 1 butternut squash (optional)
- 8 cremini mushrooms
- 1 head bok choy (or 8 baby bok choy)
- 1 fennel bulb
- 2 shallots
- 2 Thai red chili peppers (or other spicy red chili peppers)
- 1 head butter lettuce
- 2 medium carrots
- 1 cup green beans
- 6+ sun-dried tomatoes
- 1 bunch celery
- 6 cremini mushrooms
- 10 oz hot chili peppers
- avocado, optional
- fresh garlic (several heads)
- fresh ginger
- fresh cilantro
- fresh mint
- fresh lemongrass 1 stalk
- extra salad/leafy greens to go with meals (approx. 3 meals)
- steamed green veggies of choice to go with meals (approx. 2 meals)
- raw veggies for snacks

FRUIT

- 8 green apples
- 6 limes
- 2 lemon
- for snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEATS

- 3 dozen eggs
- 2 dozen jumbo shrimp
- 2 lbs ground pork
- 1 ½- 2 lbs beef bones for broth
- 3 lbs ground beef or bison
- 2 lbs boneless, skinless chicken thighs
- 1 lb ground pork
- 4 boneless, skinless chicken breasts
- 2 pounds boneless skinless turkey breast
- 3 cups cooked shredded chicken
- 4 slices bacon (approx. ½ lb)
- additional “protein of choice” for occasional breakfasts (3 meals)

*** Please look at the at smoothie recipes on p 49-51 of the cookbook to determine which you would like to make and add to ingredients to you list accordingly.**

SHOPPING LIST



autoimmune modification MEAL PLAN

stocking THE pantry

HERBS & SPICES

- allspice*
- bay leaves
- chives- fresh
- cilantro- fresh
- cinnamon
- cinnamon sticks- 3
- cloves
- dill- fresh
- garlic- granulated
- garlic- fresh
- ginger- fresh
- kelp flakes or minced nori
- nutritional yeast
- onion powder
- parsley
- pepper- black*
- pumpkin pie spice
- rosemary
- rosemary- fresh
- sage
- sage - fresh
- sea salt
- tumeric
- vanilla bean pod- ¼
- vanilla extract

FATS & OILS

- coconut oil
- ghee (optional)
- extra virgin olive oil

CANNED & JARRED

- raw kraut
- olives
- pumpkin
- tuna, salmon, chicken
- capers
- coconut butter
- artichokes
- kombucha
- grass-fed gelatin

SAUCES

- balsamic vinegar
- coconut aminos
- dijon mustard (gluten free)
- fish sauce
- rice wine vinegar

* These spices are a “grey area” and may or may not be problematic for you. If you are newly embarking on an Ai protocol, it may be best to omit them and other berry/fruit spices entirely. For more information visit the blog post [“spices on the autoimmune protocol”](#) by Sarah Ballantyne PHD (The Paleo Mom).

SHOPPING LIST



autoimmune modification MEAL PLAN

week 1

VEGETABLES

- 5 avocados
- 1 bunch of spinach
- 1 head of lettuce
- 1 red onion
- 1 pound green beans
- raw veggies of choice for snacks
- 1 head of cabbage
- 1 jicama
- 1 cauliflower
- 8 carrots
- 1 cup of peas
- 2 yellow onions
- 4 stalks of celery
- 1 head of broccoli
- 2 bunches of mixed greens
- 2 bunches of kale
- 12-16 large lettuce leaves or other greens
- 2 green onions (optional)
- 1 (3-4 pound) spaghetti squash
- 1 cucumber

FRUIT

- 7 green apples
- 2 green tipped bananas
- 2 lemons
- 1 orange (for zest)

MEATS

- 2 pounds of pork, beef, chicken or turkey
- 3 pounds of beef, bison or lamb
- ½ pound of beef or veal
- ½ pound of pork
- 12 bone-in, skin-on chicken thighs
- 3 packages of bacon
- 1 pound wild salmon filets
- 1 pound boneless skinless chicken thighs
- 1 pound steak of choice
- ½ pound deli meat of choice
- 1 ½ - 2 pounds of bones for broth

SHOPPING LIST



autoimmune modification MEAL PLAN

week 2

VEGETABLES

- 8 cups- spinach, chard, kale mix
- 6 avocados
- 8 large collard green leaves
- 1 large red cabbage (¼ c. for lunch Day 8, rest for dinner Day 14)
- ½ cup beets
- 5 carrots
- 3 green onions
- 1 bunch asparagus
- 1 jicama
- 1 shallot
- 4 parsnips
- 2 cauliflower
- 1 fennel bulb
- 4 yellow onions
- raw veggies for snack
- 2 acorn squash
- 2 zucchini
- 1 head of broccoli
- 1 stalk of celery
- 12 to 16 large lettuce leaves or other raw greens
- 2 bunches of spinach

FRUIT

- 6 green tipped bananas
- 1 lemon
- 7 green apples
- 1 lime

MEATS

- bacon- 1 package
- 1 pound thin sliced turkey or chicken
- 2 (4-6 ounces) wild caught salmon
- 1 whole (4-6 pounds) chicken or bone-in skin-on parts
- 1 ½ pounds pork roast, such as shoulder or butt
- choice of bacon or sausage for one breakfast
- 2 pounds skirt steak
- 1 pound deli meat of choice
- 4 chicken thighs
- 2 pounds smoked sausage
- 1 pound ground pork or turkey

SHOPPING LIST



autoimmune modification MEAL PLAN

week 3

VEGETABLES

- 5-avocados
- 1 bunch of kale
- 2 pounds of brussels sprouts
- 1 head napa cabbage
- 1 stalk celery
- 2 onions
- 6 carrots
- 6 green onions
- 2 cucumbers
- 2 pounds green beans
- raw veggies for snack
- 2 bunch mixed greens
- 2 heads of cauliflower
- 1 jicama
- 1-2 bulbs fennel
- 1 head of broccoli

FRUIT

- 8 green apples
- 4 green tipped banana
- 5 lemons
- 2 limes

MEATS

- 2 pounds bone-in or boneless pork chops
- 1 package of bacon
- 8 ounces of shrimp
- 8 ounces of ground pork
- 1 ½ pound deli meat of choice
- 3 pounds of chicken legs or thighs
- 8 bone-in skin-on chicken thighs
- 3 pounds bone-in chicken thighs
- 2 (6-8 ounce) wild caught salmon filets
- ½ pound roast beef deli meat
- 1 pound skirt steak

SHOPPING LIST



pescetarian modification MEAL PLAN

stocking THE pantry

HERBS & SPICES

- baking soda
- basil
- basil- fresh leaves
- brewer's yeast - optional
- cayenne pepper
- chili powder
- cilantro- fresh
- cinnamon
- cocoa powder- unsweetened
- coriander
- cumin
- dill
- dulce flakes - optional
- fennel seeds- ground
- garlic- fresh
- garlic- granulated
- ginger- fresh
- kelp flakes or minced nori
- nutmeg
- onion powder
- oregano
- paprika
- pepper- black
- pepper- white
- pumpkin pie spice
- red chili flakes (optional)
- rosemary- fresh
- sage
- sage- fresh
- sea salt
- thyme
- thyme- fresh
- vanilla bean pod- 1
- vanilla extract

OPTIONAL

- Protein powder of choice - 100% whey, egg white or hemp

FATS & OILS

- coconut oil
 - extra virgin olive oil
 - ghee (optional)
 - macadamia nut oil - or other oil
- fats & oils 1-pg guide**
- sesame oil
 - unsalted butter

CANNED & JARRED

- capers
- canned tuna, salmon, sardines
- coconut milk
- green chilies- diced
- olives
- pumpkin
- raw kraut
- diced tomatoes
- tomato sauce

NUTS & SEEDS

- almonds
- almonds- sliced
- almond butter
- almond meal
- chia seeds
- coconut flour
- macadamia nuts
- sesame seeds
- walnuts

SAUCES

- balsamic vinegar
- coconut aminos
- dijon mustard (gluten free)
- fish sauce
- hot sauce
- rice wine vinegar

SHOPPING LIST



pescetarian modification MEAL PLAN

week 1

VEGETABLES

- 11 avocados
- 1 large butternut squash
- 2 yellow onions
- 7 green onions
- 1 large eggplant
- 20 cremini or white button mushrooms
- 7 cups spinach
- 4 carrots
- 2 stalks of celery
- 1 jicama
- 2 zucchinis
- 4 zucchinis or yellow squash
- 1 bunch of collard greens
- 1 cup snow peas
- 3 cucumbers
- 1 cup of broccoli
- 4 sweet potatoes
- 1-2 heads of lettuce of your choice for wraps
- 2 bunches of curly kale
- 2 tomatoes
- 2 bell peppers
- 3 shallots
- 1 small red chili pepper
- 4 bunches of mixed greens

FRUIT

- 4 lemons
- 4 limes
- 1 grapefruit
- 6 green apples
- 3 green tipped bananas

SEAFOOD, EGGS & DAIRY

- full fat yogurt - enough for two meals
- 3 dozen eggs
- goat cheese
- parmesan cheese (optional)
- hard cheese- like Kerrrygold cheddar
- feta cheese
- 2 pounds of lemon sole or other delicate white fish
- 8 dozen extra large shrimp
- 2 4-6 ounces of wild salmon filets
- 1 pound of halibut or other firm white fish

SHOPPING LIST



pescetarian modification MEAL PLAN

week 2

VEGETABLES

- 10 carrots (omit 4 carrots if you choose to buy pre-shredded carrots for lunch and breakfast on day 17 and 18).
- 9 stalks celery
- 1 jicama
- 6 zucchini
- 13 avocados
- 1 bunch collard greens
- ¼ cup cherry tomatoes
- 1 bunch of asparagus
- 10 sweet potatoes
- 2 bunches of mixed greens
- 4 tomatoes
- 4 bell peppers
- 1 pound green beans
- 2 jalapeno peppers
- 2 red onions
- 4 yellow onions
- 1 head of broccoli
- 2 bunches of spinach
- 2 dozen cremini or shiitake mushrooms
- 2 beets
- 12 to 16 large collard or kale leaves
- ½ cup scallions (optional)
- 1 head curly kale
- 1 head of bok choy or 8 baby bok choy

FRUIT

- 3 green tipped bananas
- 8 green apples
- 7 lemons
- 2 limes

SEAFOOD, EGGS & DAIRY

- 4 dozen eggs
- full fat yogurt for 1 meal
- goat cheese
- feta
- 2 dozen shrimp
- 4- 4 to 6 ounce wild salmon filets

SHOPPING LIST



pescetarian modification MEAL PLAN

week 3

VEGETABLES

- 3 onions
- 4 bell peppers
- 14 avocados
- plantain chips
- 3 bunches of spinach
- 2 bunches of mixed greens
- 1 carrot
- 3 tomatoes
- 7 sweet potatoes
- 5 mushrooms
- 7 green onions
- 2 large zucchini
- 1 pound green beans
- ¼ cup cherry tomatoes
- 3-4 golden beets
- 8 cremini mushrooms
- 1 bunch of lettuce leaves
- 4 parsnips
- 2 jalapeno (1 optional)
- 1 small shallot
- raw veggies of choice for snacks

FRUIT

- 10 green apples
- 6 lemons
- 3 limes
- 1 green tipped banana

SEAFOOD, EGGS & DAIRY

- full fat yogurt-enough for 3 meals
- 3 dozen eggs
- 4 dozen shrimp
- 8-10 ounces of lox/salmon
- 2 (4-6 ounces) wild salmon filet
- feta cheese