

GUIDEBOOK shopping lists





level 1 MEAL PLAN

stocking **™** pantry

HERBS & SPICES	FATS & OILS
 □ ancho chili powder □ basil (fresh) □ black pepper □ brewer's yeast □ cayenne □ chili powder 	 □ bacon fat □ coconut oil □ duck fat □ macadamia nut oil □ olive oil □ unsalted butter
 □ chipotle powder □ chives (fresh) □ cilantro (fresh but best to keep on hand weekly) □ cinnamon □ coriander □ cumin □ fennel seeds (ground) □ garlic (fresh) 	CANNED & JARRED □ capers □ coconut milk □ dijon mustard (gluten-free) □ kalamata olives □ pumpkin □ tomato paste □ tomatoes (diced)
☐ ginger (fresh) ☐ granulated garlic ☐ nutmeg ☐ onion powder ☐ oregano ☐ paprika ☐ pumpkin pie spice ☐ pure vanilla extract ☐ red chili flakes ☐ rosemary	NUTS & SEEDS almonds almonds-sliced almond butter almond meal chia seeds coconut flour macadamia nuts sesame seeds walnuts
□ saffron □ sage (ground) □ sage leaves (fresh) □ sea salt □ smoked paprika □ turmeric □ unsweetened cocoa powder OPTIONAL □ Protein powder of choice - 100%	SAUCES □ apple cider vinegar □ baking soda □ balsamic vinegar □ coconut aminos □ fish sauce □ hot sauce □ raw tahini (ground sesame paste) □ rice wine vinegar
☐ Protein powder of choice - 100% whey, egg white or hemp	□ tessamae's wing sauce



level 1 MEAL PLAN

week 1

•	/EGETABLES	MEAIS
	5 avocados	□ 2 lb. bacon
] Spinach	□ 2 ½ lb. boneless skinless chicken breas
	3 bunches green onions	□ 2 dozen eggs
	1 yellow onion	□ 2 lb. ground beef
	2 red onions	□ 2 lb. ground lamb
	1 tomato	□ 2 lb. lean beef (such as london broil) o
	2 bunch leafy greens	chicken or turkey
	4 heads of cauliflower	□ 4 - 4-6 oz. wild salmon fillets
	2 yellow bell peppers	□ 1 lb. ground beef, chicken, pork, or tur-
	3 red bell peppers	key
	1 orange bell pepper	2 lb. ground pork or turkey
	2 bunches of carrots	□ 1½ - 2 lb. bones
	1 ½ c. cherry tomatoes	□ 12 bone-in, skin on, chicken thighs
	3 shallots	□ 5 dozen extra-large shrimp
	3-4 golden beets	□ 12 clams
	1 large bunch curly kale	☐ 2 mussels
	1 head red cabbage	☐ 4 - 6-ounce cans salmon
	3 bulbs bok choy	
	3 8 medium parsnips	OPTIONAL
	1 cup peas	□ rice
	1 cup snow peas	□ black beans
	4 large zucchini or yellow squash	□ full fat yogurt
	2 cucumbers	□ coconut milk
	1 large head broccoli	□ quinoa
	RUIT	
	3 1-1	
	1 2 green tipped bananas	

☐ **for snacks**: green tipped bananas, green/granny smith apples, and/or

grapefruit



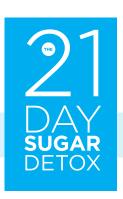
level 1 MEAL PLAN

V	EGETABLES	M	EATS
	spinach		2 lb. bacon
	4 large zucchini or yellow squash		2 dozen eggs
	12 cherry tomatoes		1 lb. skirt steak
	1 shallot		1 ½ lb. pork tenderloin (approx. 2 ten-
	1 large head broccoli	de	rloins)
	2 red cabbages		1 whole 4-6 lb. chicken
	2 bunch green onions		2 lb. lemon sole (or other delicate
	2 heads cauliflower	Wł	nite fish)
	1-2 bulbs fennel		1 ½ - 2 lb. bones
	Salad greens or baby spinach		4 (6 oz. cans tuna)
	2 bunches carrots		1 lb. ground lamb, beef, or turkey
	2 avocados		1 lb. ground beef, chicken, pork, or
	4 cucumbers	tu	rkey
	3 yellow onion		8 bone -in, skin-on chicken thighs
	1 bunch celery		½ lb. ground veal or beef
	1 package kelp flakes or nori		½ lb. ground pork
	1 head romaine lettuce		1 lb. lean beef (such as London broil)
	1 cup frozen or canned artichoke		2 lb. bone-in pork chop
	hearts		
	3 large tomatoes		
	1 spaghetti squash	0	PTIONAL
	2 dozen brussel sprouts		rice
			black beans
	RUIT		full fat yogurt
	7 lemons		coconut milk
	2 limes		quinoa
	4 green apple		
	2 green tipped bananas		
	for snacks: green tipped		
	bananas, green/granny smith apples,		
	and/or grapefruit		



level 1 MEAL PLAN

V	EGETABLES	M	EATS
	1 bunch carrots		4 dozen eggs
	1-2 heads lettuce		4 doz. medium shrimp
	6 avocados		1½ -2 lb. bones
	2 jalapeno pepper		1 lb. ground pork or turkey
	1 jicama bulb		1 lb. ground lamb
	2 yellow onions		1 lb. wild salmon fillets
	2 red bell peppers		8 bone-in, skin-on chicken thighs
	2 poblano peppers		1 lb. ground beef, chicken, bison, or
	6 bell peppers		turkey
	1 bunch celery		2 lb. ground beef
	10 large zucchini		1 lb. ground pork
	2 medium heads of cauliflower		4 chicken leg quarters
	1 head green cabbage		1 lb. lean beef (such as London broil)
	4 1/2 cups canned or frozen artichoke		2 lb. bacon
	hearts		1 lb. boneless skinless chicken breast
	1 large tomato		
	1 small eggplant	0	PTIONAL
	1 spaghetti squash		rice
	1 banana pepper		black beans
	1 bunch spinach		full fat yogurt
	12 cherry tomatoes		coconut milk
			quinoa
F	RUIT		garbanzo beans
	5 lemons		full fat cheese
	2 limes		
	4 green tipped bananas		
	for snacks: green tipped		
	bananas, green/granny smith apples,		
	and/or grapefruit		



level 2 MEAL PLAN

stocking **™** pantry

HERBS & SPICES	FATS & OILS
 ancho chili powder basil (fresh) black pepper brewer's yeast cayenne 	 □ bacon fat □ coconut oil □ duck fat □ macadamia nut oil □ olive oil
□ chili powder	□ unsalted butter
 □ chipotle powder □ chives (fresh) □ cilantro (fresh but best to keep on hand weekly) □ cinnamon □ coriander □ cumin □ fennel seeds (ground) □ garlic (fresh) 	CANNED & JARRED □ capers □ coconut milk □ dijon mustard (gluten-free) □ kalamata olives □ pumpkin □ tomato paste □ tomatoes (diced)
☐ ginger (fresh)	NUTS & SEEDS
☐ granulated garlic ☐ nutmeg ☐ onion powder ☐ oregano ☐ paprika ☐ pumpkin pie spice ☐ pure vanilla extract ☐ red chili flakes ☐ rosemary	□ almonds □ almonds- sliced □ almond butter □ almond meal □ chia seeds □ coconut flour □ macadamia nuts □ sesame seeds □ walnuts
□ saffron	SAUCES
 □ sage (ground) □ sage leaves (fresh) □ sea salt □ smoked paprika □ turmeric □ unsweetened cocoa powder 	 □ apple cider vinegar □ baking soda □ balsamic vinegar □ coconut aminos □ fish sauce □ hot sauce
OPTIONAL	☐ raw tahini (ground sesame paste)
☐ Protein powder of choice - 100% whey, egg white or hemp	□ rice wine vinegar□ tessamae's wing sauce



grapefruit

SHOPPING LIST

level 2 MEAL PLAN

VEGETABLES		M	EATS
☐ 5 avocados			2 lb. bacon
□ Spinach			2 ½ lb. boneless skinless chicken breast
□ 3 bunches gr	reen onions		2 dozen eggs
□ 1 yellow onio	n		2 lb. ground beef
☐ 2 red onions			2 lb. ground lamb
□ 1 tomato			2 lb. lean beef (such as london broil) or
☐ 2 bunch leafy	y greens	ch	icken or turkey
□ 4 heads of ca	auliflower		4 - 4-6 oz. wild salmon fillets
☐ 2 yellow bell	peppers		1 lb. ground beef, chicken, pork, or tur-
□ 3 red bell pe	ppers	ke	у
□ 1 orange bell	pepper		2 lb. ground pork or turkey
☐ 2 bunches of	carrots		1 ½ - 2 lb. bones
□ ½ c. cherry to	omatoes		12 bone-in, skin on, chicken thighs
□ 3 shallots			5 dozen extra-large shrimp
□ 3-4 golden b	eets		12 clams
□ 1 large bunch	n curly kale		2 mussels
□ 1 head red ca	abbage		4 - 6-ounce cans salmon
□ 3 bulbs bok (choy		
□ 8 medium pa	arsnips	0	PTIONAL
□ 1 cup peas			full fat yogurt
□ 1 cup snow p	eas		coconut milk
□ 4 large zucch	nini or yellow squash		full fat milk
☐ 2 cucumbers	5		
□ 1 large head l	broccoli		
FRUIT			
□ 8 lemons			
☐ 4 limes			
☐ 1 green apple			
□ 2 green tippe			
	reen tipped bananas,		
green/granny	y smith apples, and/or		



level 2 MEAL PLAN

EGETABLES	M	EAIS
spinach		2 lb. bacon
4 large zucchini or yellow squash		2 dozen eggs
12 cherry tomatoes		1 lb. skirt steak
1 shallot		1½ lb. pork tenderloin (approx. 2
1 large head broccoli		tenderloins)
2 red cabbages		1 whole 4-6 lb. chicken
2 bunch green onions		2 lb. lemon sole (or other delicate white
2 head cauliflower		fish)
1-2 bulbs fennel		1½ - 2 lb. bones
Salad greens or baby spinach		4 (6 oz. cans tuna)
2 bunches carrots		1 lb. ground lamb, beef, or turkey
2 avocados		1 lb. ground beef, chicken, pork, or
4 cucumbers		turkey
3 yellow onion		8 bone -in, skin-on chicken thighs
1 bunch celery		½ lb. ground veal or beef
1 package kelp flakes or nori		½ lb. ground pork
1 head romaine lettuce		1 lb. lean beef (such as London broil)
1 cup frozen or canned artichoke hearts		2 lb. bone-in pork chop
3 large tomatoes		
1 spaghetti squash	0	PTIONAL
2 dozen brussel sprouts		full fat yogurt
		coconut milk
DIJIT		full fat milk
graperruit		
	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	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 RUIT 7 lemons 2 limes 4 green apple 2 green tipped bananas for snacks: green tipped bananas, green/granny smith apples, and/or



level 2 MEAL PLAN

week 3

VEGETABLES	MEATS
□ 1 bunch carrots	☐ 2 lb. bacon
□ 1-2 heads lettuce	□ 4 dozen eggs
□ 6 avocados	☐ 4 doz. medium shrimp
□ 2 jalapeño peppers	□ 1½ -2 lb. bones
□ 1 jicama bulb	☐ 1 lb. ground pork or turkey
☐ 2 yellow onions	☐ 1 lb. ground lamb
☐ 2 red bell peppers	☐ 1 lb. wild salmon fillets
☐ 1 bunch celery	☐ 8 bone-in, skin-on chicken thighs
□ 2 poblano peppers	☐ 1 lb. ground beef, chicken, bison, or
☐ 6 bell peppers	turkey
□ 10 large zucchini	☐ 2 lb. ground beef
□ 2 medium heads of cauliflower	□ 1 lb. ground pork
□ 1 head green cabbage	☐ 4 chicken leg quarters
□ 4 1/2 cups canned or frozen artichoke	□ 1 lb. lean beef (such as london broil)
hearts	☐ 2 lb. bacon
□ 1 large tomato	☐ 1 lb. boneless skinless chicken breas
□ 1 small eggplant	
□ 1 spaghetti squash	OPTIONAL
□ 1 banana pepper	□ full fat yogurt
□ 1 bunch spinach	□ coconut milk
□ 12 cherry tomatoes	□ full fat milk
FRUIT	
☐ 4 green tipped banana	
□ 5 lemons	
□ 2 limes	
☐ for snacks: green tipped bananas,	

green/granny smith apples, and/or

grapefruit



level 3 MEAL PLAN

HERBS & SPICES	FATS & OILS
□ ancho chili powder□ basil (fresh)	□ bacon fat□ coconut oil
□ black pepper	□ duck fat
□ brewer's yeast	□ macadamia nut oil
□ cayenne	□ olive oil
□ chili powder	□ unsalted butter
□ chipotle powder	CANNED & JARRED
□ chives (fresh)	□ capers
□ cilantro (fresh but best to keep on	□ coconut milk
hand weekly)	☐ dijon mustard (gluten-free)
□ cinnamon	□ kalamata olives
□ coriander	□ pumpkin
□ cumin	□ tomato paste
☐ fennel seeds (ground)	□ tomatoes (diced)
☐ garlic (fresh)	
☐ ginger (fresh)	NUTS & SEEDS
☐ granulated garlic	□ almonds
□ nutmeg	□ almonds- sliced
□ onion powder	□ almond butter
□ oregano	□ almond meal
□ paprika	□ chia seeds
pumpkin pie spice	□ coconut flour
pure vanilla extract	□ macadamia nuts
red chili flakes	□ sesame seeds
□ rosemary	□ walnuts
saffron	SAUCES
sage (ground)	□ apple cider vinegar
□ sage leaves (fresh) □ sea salt	□ baking soda
□ smoked paprika	□ balsamic vinegar
□ turmeric	□ coconut aminos
	□ fish sauce
□ unsweetened cocoa powder	□ hot sauce
OPTIONAL	□ raw tahini (ground sesame paste)
☐ Protein powder of choice - 100%	□ rice wine vinegar
whey, egg white or hemp	□ tessamae's wing sauce



level 3 MEAL PLAN

week 1

VI	EGETABLES	M	EATS
	5 avocados		2 lb. bacon
	Spinach		2 ½ lb. boneless skinless chicken breast
	3 bunches green onions		2 dozen eggs
	1 yellow onion		2 lb. ground beef
	2 red onions		2 lb. ground lamb
	1 tomato		2 lb. lean beef (such as london broil) or
	2 bunch leafy greens	ch	icken or turkey
	4 heads of cauliflower		4 - 4-6 oz. wild salmon fillets
	2 yellow bell peppers		1 lb. ground beef, chicken, pork, or tur-
	3 red bell peppers	ke	У
	1 orange bell pepper		2 lb. ground pork or turkey
	2 bunches of carrots		1 ½ - 2 lb. bones
	½ c. cherry tomatoes		12 bone-in, skin on, chicken thighs
	3 shallots		5 dozen extra-large shrimp
	3-4 golden beets		12 clams
	1 large bunch curly kale		2 mussels
	1 head red cabbage		4 - 6-ounce cans salmon
	3 bulbs bok choy		
	8 medium parsnips	0	PTIONAL
	1 cup peas		Rice
	1 cup snow peas		Black Beans
	4 large zucchini or yellow squash		Full Fat Yogurt
	2 cucumbers		Coconut Milk
	1 large head broccoli		Quinoa
			Garbanzo Beans
E1	RUIT		Full Fat Cheese
	8 lemons		
	4 limes		
_	1 green apple		
	2 green tipped bananas		
	for snacks: green tipped bananas		

green/granny smith apples, and/or

grapefruit



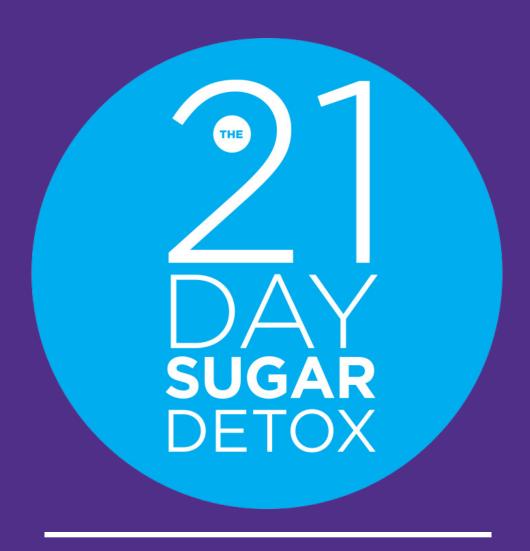
level 3 MEAL PLAN

V	EGETABLES	M	EATS
	spinach		2 lb. bacon
	4 large zucchini or yellow squash		2 dozen eggs
	12 cherry tomatoes		1 lb. skirt steak
	1 shallot		1½ lb. pork tenderloin (approx. 2 ten-
	1 large head broccoli	de	erloins)
	2 red cabbages		1 whole 4-6 lb. chicken
	2 bunch green onions		2 lb. lemon sole (or other delicate
	2 heads cauliflower	W	nite fish)
	1-2 bulbs fennel		1 ½ - 2 lb. bones
	Salad greens or baby spinach		4 (6 oz. cans tuna)
	2 bunches carrots		1 lb. ground lamb, beef, or turkey
	2 avocados		1 lb. ground beef, chicken, pork, or
	4 cucumbers	tu	rkey
	3 yellow onion		8 bone -in, skin-on chicken thighs
	1 bunch celery		½ lb. ground veal or beef
	1 package kelp flakes or nori		½ lb. ground pork
	1 head romaine lettuce		1 lb. lean beef (such as London broil)
	1 cup frozen or canned artichoke		2 lb. bone-in pork chop
	hearts		
	3 large tomatoes		
	1 spaghetti squash		
	2 dozen brussel sprouts		
FI	RUIT		
	7 lemons		
	2 limes		
	4 green apple		
	2 green tipped bananas		
	for snacks: green tipped		
	bananas, green/granny smith apples,		
	and/or grapefruit		



level 3 MEAL PLAN

V	EGETABLES	M	EATS
	1 bunch carrots		4 dozen eggs
	1-2 heads lettuce		4 doz. medium shrimp
	6 avocados		1 ½ -2 lb. bones
	2 jalapeno pepper		1 lb. ground pork or turkey
	1 jicama bulb		1 lb. ground lamb
	2 yellow onions		1 lb. wild salmon fillets
	2 red bell peppers		8 bone-in, skin-on chicken thighs
	2 poblano peppers		1 lb. ground beef, chicken, bison, or
	6 bell peppers		turkey
	1 bunch celery		2 lb. ground beef
	10 large zucchini		1 lb. ground pork
	2 medium heads of cauliflower		4 chicken leg quarters
	1 head green cabbage		1 lb. lean beef (such as London broil)
	4 1/2 cups canned or frozen artichoke		2 lb. bacon
	hearts		1 lb. boneless skinless chicken breast
	1 large tomato		
	1 small eggplant		
	1 spaghetti squash		
	1 banana pepper		
	1 bunch spinach		
	12 cherry tomatoes		
F	RUIT		
	5 lemons		
	2 limes		
	4 green tipped bananas		
	for snacks: green tipped		
	bananas, green/granny smith apples,		
	and/or grapefruit		



COOKBOOK shopping lists



level 1 MEAL PLAN

stocking **™** pantry

ш	ERDS & SPICES	_ F/	AIS & OILS
	ancho chili powder		bacon fat
	basil (fresh)		coconut oil
	black pepper		duck fat
	brewer's yeast		macadamia nut oil
	cayenne		olive oil
	chili powder		unsalted butter
	chipotle powder	C	ANNED & JARRED
	chives (fresh)		capers
	cilantro (fresh but best to keep on	П	coconut milk
	hand weekly)		dijon mustard (gluten-free)
	cinnamon	П	kalamata olives
	coriander	_	pumpkin
	cumin		tomato paste
	fennel seeds (ground)		tomatoes (diced)
	garlic (fresh)		tornatoes (diced)
	ginger (fresh)	N	UTS & SEEDS
	granulated garlic		almonds
	nutmeg		almonds- sliced
	onion powder		almond butter
	oregano		almond meal
	paprika		chia seeds
	pumpkin pie spice		coconut flour
	pure vanilla extract		macadamia nuts
	red chili flakes		sesame seeds
	rosemary		walnuts
	saffron	S	AUCES
	sage (ground)		apple cider vinegar
	sage leaves (fresh)		baking soda
	sea salt		balsamic vinegar
	smoked paprika		
	turmeric		fish sauce
	unsweetened cocoa powder		hot sauce
	PTIONAL		raw tahini (ground sesame paste)
			rice wine vinegar
	Protein powder of choice - 100%		tessamae's wing sauce
Wr	ney, egg white or hemp		coodinac o wing sauce



VEGETABLES

SHOPPING LIST

FRUIT

level 1 MEAL PLAN

week 1

12 small to medium onions (yellow or red)		12 lemons 4 limes
2 jalapeño peppers	_	11 green apples
5 celery stalks		for snacks: green tipped bananas,
5 avocados		green/granny smith apples, and/or
4 cucumbers		grapefruit
1 medium beet	м	EATS
12 carrots		3 dozen eggs
1 tomato		20 slices bacon (approx. 2 lbs)
1 head of lettuce		
1 medium butternut squash (2 ½		1½ pounds ground lamb
pounds)		1½ - 2 pounds bones for broth
1 cup diced green beans		
1 bunch kale		east
2 cups fresh basil		4 (4-6 oz) wild caught salmon fillets
2 cups spinach		1 pound ground chicken, turkey or pork
1 red bell pepper		2 pounds ground beef or bison
1/2 cup sliced green onions		3 pounds boneless skinless chicken
2 shallots		thighs
2 cups frozen or canned artichoke		1-1 ½ fresh wild caught sushi grade ahi
hearts	tu	na (or wild caught salmon)
4 cups cauliflower florets		2 racks St Louis style pork ribs (about
6+ sundried tomatoes		5-6 lbs total)
1 medium head cabbage		additional "protein of choice" for
1-2 jalapeño peppers, optional		occasional breakfasts (approx. 2 meals)
garlic (several heads)	0	PTIONAL
fresh ginger fresh basil		full fat cheese
fresh dill		quinoa
fresh parsley		rice
fresh cilantro		beans
extra salad/leafy greens to go with		full fat milk
meals (approx. 8 meals)		1/4 sliced nori (optional for ahi tuna poke
raw veggies for snacks		bowl)
steamed green veggies of choice to go		grass-fed whey protein powder*
 with meals (approx. 5 meals)	* =	Name to the state of the state
	^ F	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.



(approx. 3 meals)

□ raw veggies for snacks

SHOPPING LIST

level 1 MEAL PLAN

VI	EGETABLES	FRUIT
	1 head of green cabbage	□ 24 green apples
	2 dozen Brussels sprouts	□ 3 limes
	15 small yellow onions	☐ 4 lemons
	1 med. red onion	□ for snacks : green tipped bananas,
	garlic (several heads)	green/granny smith apples, and/or
	10 large parsnips	grapefruit
	8 scallions (green onions)	
	1 bell pepper	MEATS
	5 mushrooms	□ 3 dozen eggs
	1 large head cauliflower	□ ½ - 2 lbs of bones for broth
	1 dozen cremini or shiitake mushrooms	☐ 8 boneless, skinless chicken breasts
	1 stalk lemongrass	□ 1.5 lb ground pork
	3 shallots	☐ 1½ lbs flank steak
	fresh ginger	□ 8 oz shrimp
	1 head broccoli	☐ 4 (6 to 8 oz each) bone-in pork chops
	1 head napa cabbage	□ 1(3 lb) pork roast
	1 bunch celery	☐ 4 (6-8 oz) wild-caught Salmon fillets
	1 yellow bell pepper	☐ 3 lbs bone-in chicken thighs
	1 red bell pepper	□ 1 lb ground beef, bison, or turkey
	1 jalapeño pepper, optional	☐ 4 bone-in, skin-on chicken leg quarters
	12 carrots	☐ 4 slices of bacon (approx ½ lb)
	1 fennel bulb	□ additional "protein of choice" for occasion-
	3 large cucumbers	al breakfast (1 meal)
	1 avocado	
	2 large butternut squash	OPTIONAL
	1½-2 lbs green beans	☐ full fat cheese
	2 cups of spinach leaves 2 cups basil	□ quinoa
	1 large bunch of kale	□ rice
	fresh dill	□ beans
_	fresh cilantro	□ full fat milk
	fresh basil	
	fresh thyme	* Please look at the at smoothie recipes on
	sage leaves	p 49-51 of the cookbook to determine which
	extra salad/leafy greens to go with meals	you would like to make and add to
Ш	extra salad/leary greens to go with medis	ingredients to you list accordingly.



level 1 MEAL PLAN

V	EGETABLES	FF	RUIT
	3 large red onions		8 green apples
	5 large bell peppers		6 limes
	1 dozen small mushrooms		2 lemon
	2 medium zucchini		for snacks: green tipped
	3 large head cauliflower		bananas, green/granny smith apples,
	17 green onions (scallions)		and/or grapefruit
	4 medium yellow onions		
	9 large parsnips	M	EATS
	1 lb kale		3 dozen eggs
	1 butternut squash (optional)		2 dozen jumbo shrimp
	8 cremini mushrooms		2 lbs ground pork
	1 head bok choy (or 8 baby		1½-2 lbs beef bones for broth
_	bok choy)		3 lbs ground beef or bison
	1 fennel bulb		2 lbs boneless, skinless chicken thighs
	2 shallots		1 lb ground pork
	2 Thai red chili peppers (or		4 boneless, skinless chicken breasts
	other spicy red chili peppers) 1 head butter lettuce		2 pounds boneless skinless turkey
	2 medium carrots	br	east
	1 cup green beans		3 cups cooked shredded chicken
	6+ sun-dried tomatoes		4 slices bacon (approx. ½ lb)
	1 bunch celery		additional "protein of choice" for oc-
	6 cremini mushrooms		casional breakfasts (3 meals)
	10 oz hot chili peppers		
	avocado, optional	0	PTIONAL
	fresh garlic (several heads)		full fat cheese
	fresh ginger		rice
	fresh cilantro		beans
	fresh mint		full fat milk
	fresh lemongrass 1 stalk	* -	
	extra salad/leafy greens to go with		Please look at the at smoothie recipes p 49-51 of the cookbook to deter-
	meals (approx. 3 meals)		ine which you would like to make and
	steamed green veggies of choice to		ld to
	go with meals (approx. 2 meals)	ingredients to you list accordingly	
	raw veggies for snacks	1115	greaterits to you list accordingly.



level 2 MEAL PLAN

stocking pantry

HERBS & SPICES	FATS & OILS
 □ ancho chili powder □ basil (fresh) □ black pepper □ brewer's yeast □ cayenne □ chili powder 	 □ bacon fat □ coconut oil □ duck fat □ macadamia nut oil □ olive oil □ unsalted butter
 □ chipotle powder □ chives (fresh) □ cilantro (fresh but best to keep on hand weekly) □ cinnamon □ coriander □ cumin □ fennel seeds (ground) □ garlic (fresh) 	CANNED & JARRED □ capers □ coconut milk □ dijon mustard (gluten-free) □ kalamata olives □ pumpkin □ tomato paste □ tomatoes (diced)
☐ ginger (fresh) ☐ granulated garlic ☐ nutmeg ☐ onion powder ☐ oregano ☐ paprika ☐ pumpkin pie spice ☐ pure vanilla extract ☐ red chili flakes ☐ rosemary	NUTS & SEEDS almonds almonds-sliced almond butter almond meal chia seeds coconut flour macadamia nuts sesame seeds walnuts
□ saffron □ sage (ground) □ sage leaves (fresh) □ sea salt □ smoked paprika □ turmeric □ unsweetened cocoa powder OPTIONAL □ Protein powder of choice - 100%	SAUCES □ apple cider vinegar □ baking soda □ balsamic vinegar □ coconut aminos □ fish sauce □ hot sauce □ raw tahini (ground sesame paste) □ rice wine vinegar
☐ Protein powder of choice - 100% whey, egg white or hemp	□ tessamae's wing sauce



level 2 MEAL PLAN

VEGETABLES	FRUIT
□ 12 small to medium onions (yellow	□ 12 lemons
or red)	☐ 4 limes
□ 2 jalapeño peppers	□ 11 green apples
□ 5 celery stalks	□ for snacks : green tipped bananas,
□ 5 avocados	green/granny smith apples, and/or
☐ 4 cucumbers	grapefruit
□ 1 medium beet	MEATS
□ 12 carrots	□ 3 dozen eggs
□ 1 tomato	☐ 20 slices bacon (approx. 2 lbs)
□ 1 head of lettuce	☐ 3 (6 oz) cans wild albacore tuna
\square 1 medium butternut squash (2 ½	□ 1½ pounds ground lamb
pounds)	☐ 1½ - 2 pounds bones for broth
□ 1 cup diced green beans	☐ 2 pounds boneless skinless turkey
□ 1 bunch kale	breast
□ 2 cups fresh basil	☐ 4 (4-6 oz) wild caught salmon fillets
□ 2 cups spinach	☐ 1 pound ground chicken, turkey or pork
□ 1 red bell pepper	☐ 2 pounds ground beef or bison
□ 1/2 cup sliced green onions	☐ 3 pounds boneless skinless chicken
□ 2 shallots	thighs
□ 2 cups frozen or canned artichoke	☐ 1-1 ½ fresh wild caught sushi grade ahi
hearts	tuna (or wild caught salmon)
☐ 4 cups cauliflower florets	☐ 2 racks St Louis style pork ribs (about
☐ 6+ sundried tomatoes	5-6 lbs total)
□ 1 medium head cabbage	□ additional "protein of choice" for
□ 1-2 jalapeño peppers, optional	occasional breakfasts (approx. 2 meals)
□ garlic (several heads)	OPTIONAL
□ fresh ginger	□ full fat cheese
□ fresh basil	□ full fat milk
☐ fresh dill	☐ ¼ sliced nori (optional for ahi tuna poke
□ fresh parsley	bowl)
☐ fresh cilantro	☐ grass-fed whey protein powder
□ extra salad/leafy greens to go with	_ 3,
meals (approx. 8 meals)	* Please look at the at smoothie recipes
□ raw veggies for snacks	on p 49-51 of the cookbook to determine
□ steamed green veggies of choice to go	which you would like to make and add to
with meals (approx. 5 meals)	ingredients to you list accordingly.



level 2 MEAL PLAN

week 2

VI	EGETABLES	FRUIT
	1 head of green cabbage	☐ 24 green apples
	2 dozen Brussels sprouts	□ 3 limes
	15 small yellow onions	☐ 4 lemons
	1 med. red onion	for snacks: green tipped bananas,
	garlic (several heads)	green/granny smith apples, and/or
	10 large parsnips	grapefruit
	8 scallions (green onions)	
	1 bell pepper	MEATS
	5 mushrooms	□ 3 dozen eggs
	1 large head cauliflower	□ ½ - 2 lbs of bones for broth
	1 dozen cremini or shiitake mushrooms	□ 8 boneless, skinless chicken breasts
	1 stalk lemongrass	☐ 1.5 lb ground pork
	3 shallots	□ 1½ lbs flank steak
	fresh ginger	□ 8 oz shrimp
	1 head broccoli	☐ 4 (6 to 8 oz each) bone-in pork chops
	1 head napa cabbage	☐ 1(3 lb) pork roast
	1 bunch celery	☐ 4 (6-8 oz) wild-caught Salmon fillets
	1 yellow bell pepper	☐ 3 lbs bone-in chicken thighs
	1 red bell pepper	☐ 1 lb ground beef, bison, or turkey
	1 jalapeño pepper, optional	☐ 4 bone-in, skin-on chicken leg quarters
	12 carrots	☐ 4 slices of bacon (approx ½ lb)
	1 fennel bulb	□ additional "protein of choice" for occasion-
	3 large cucumbers	al breakfast (1 meal)
	1 avocado	
	2 large butternut squash	OPTIONAL
	1½-2 lbs green beans	☐ full fat cheese
	2 cups of spinach leaves	☐ full fat milk
	2 cups basil	
	1 large bunch of kale	* Please look at the at smoothie recipes on
	fresh dill	p 49-51 of the cookbook to determine which
	fresh cilantro	you would like to make and add to
	fresh basil	ingredients to you list accordingly.
	fresh thyme	
	sage leaves	

□ extra salad/leafy greens to go with meals

(approx. 3 meals)

□ raw veggies for snacks

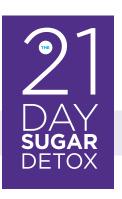


level 2 MEAL PLAN

week 3

VEGETABLES		FF	FRUIT		
	3 large red onions		8 green apples		
	5 large bell peppers		6 limes		
	1 dozen small mushrooms		2 lemon		
	2 medium zucchini		for snacks: green tipped		
	3 large head cauliflower		bananas, green/granny smith apples,		
	17 green onions (scallions)		and/or grapefruit		
	4 medium yellow onions				
	9 large parsnips	М	EATS		
	1 lb kale		3 dozen eggs		
	1 butternut squash (optional)		2 dozen jumbo shrimp		
	8 cremini mushrooms		2 lbs ground pork		
	1 head bok choy (or 8 baby		1½-2 lbs beef bones for broth		
	bok choy)		3 lbs ground beef or bison		
	1 fennel bulb		2 lbs boneless, skinless chicken thighs		
	2 shallots		1 lb ground pork		
	2 Thai red chili peppers (or		4 boneless, skinless chicken breasts		
	other spicy red chili peppers)		2 pounds boneless skinless turkey		
	1 head butter lettuce	bre	east		
	2 medium carrots		3 cups cooked shredded chicken		
	1 cup green beans		4 slices bacon (approx. ½ lb)		
	6+ sun-dried tomatoes		additional "protein of choice" for oc-		
	1 bunch celery		casional breakfasts (3 meals)		
	6 cremini mushrooms				
	10 oz hot chili peppers	O	PTIONAL		
	avocado, optional		full fat cheese		
	fresh garlic (several heads)		full fat milk		
	fresh ginger				
	fresh cilantro fresh mint	* F	Please look at the at smoothie recipes		
	fresh Immi fresh lemongrass 1 stalk	on	p 49-51 of the cookbook to deter-		
	extra salad/leafy greens to go with		ne which you would like to make and		
	meals (approx. 3 meals)		d to ingredients to you list according-		
	steamed green veggies of choice to	ly.			
	go with meals (approx. 2 meals)				

□ raw veggies for snacks



level 3 MEAL PLAN

stocking pantry

HERBS & SPICES	FATS & OILS
 ancho chili powder basil (fresh) black pepper brewer's yeast cayenne 	 □ bacon fat □ coconut oil □ duck fat □ macadamia nut oil □ olive oil
□ chili powder	□ unsalted butter
 □ chipotle powder □ chives (fresh) □ cilantro (fresh but best to keep on hand weekly) □ cinnamon □ coriander □ cumin □ fennel seeds (ground) □ garlic (fresh) 	CANNED & JARRED □ capers □ coconut milk □ dijon mustard (gluten-free) □ kalamata olives □ pumpkin □ tomato paste □ tomatoes (diced)
☐ ginger (fresh)	NUTS & SEEDS
☐ granulated garlic ☐ nutmeg ☐ onion powder ☐ oregano ☐ paprika ☐ pumpkin pie spice ☐ pure vanilla extract ☐ red chili flakes ☐ rosemary	□ almonds □ almonds- sliced □ almond butter □ almond meal □ chia seeds □ coconut flour □ macadamia nuts □ sesame seeds □ walnuts
□ saffron	SAUCES
 □ sage (ground) □ sage leaves (fresh) □ sea salt □ smoked paprika □ turmeric □ unsweetened cocoa powder 	 □ apple cider vinegar □ baking soda □ balsamic vinegar □ coconut aminos □ fish sauce □ hot sauce
OPTIONAL	☐ raw tahini (ground sesame paste)
☐ Protein powder of choice - 100% whey, egg white or hemp	□ rice wine vinegar□ tessamae's wing sauce



VEGETABLES

SHOPPING LIST

FRUIT

level 3 MEAL PLAN

week 1

12 small to medium onions (yellow		2 lemons
or red)		4 limes
2 jalapeño peppers		1 green apples
5 celery stalks		for snacks: green tipped bananas,
5 avocados	S	green/granny smith apples, and/or
4 cucumbers	Ç	grapefruit
1 medium beet	ME	ATS
12 carrots		3 dozen eggs
1 tomato		20 slices bacon (approx. 2 lbs)
1 head of lettuce		3 (6 oz) cans wild albacore tuna
1 medium butternut squash (2 ½		½ pounds ground lamb
pounds)		$\frac{1}{2}$ - 2 pounds bones for broth
1 cup diced green beans		2 pounds boneless skinless turkey
1 bunch kale	brea	
2 cups fresh basil		4 (4-6 oz) wild caught salmon fillets
2 cups spinach		pound ground chicken, turkey or pork
1 red bell pepper		2 pounds ground beef or bison
1/2 cup sliced green onions		3 pounds boneless skinless chicken
2 shallots		thighs
2 cups frozen or canned artichoke		-1 ½ fresh wild caught sushi grade ahi
hearts		a (or wild caught salmon)
4 cups cauliflower florets		2 racks St Louis style pork ribs (about
6+ sundried tomatoes		5-6 lbs total)
1 medium head cabbage		additional "protein of choice" for
1-2 jalapeño peppers, optional		occasional breakfasts (approx. 2 meals)
garlic (several heads)		TIONAL
fresh ginger		4 sliced nori (optional for ahi tuna poke
fresh basil		oowl)
fresh dill		
fresh parsley		grass-fed whey protein powder
fresh cilantro	* DI	ease look at the at smoothie recipes
extra salad/leafy greens to go with		2 49-51 of the cookbook to determine
meals (approx. 8 meals)	_	ch you would like to make and add to
raw veggies for snacks		edients to you list accordingly.

□ steamed green veggies of choice to go

with meals (approx. 5 meals)



☐ fresh basil☐ fresh thyme☐ sage leaves

(approx. 3 meals)

□ raw veggies for snacks

□ extra salad/leafy greens to go with meals

SHOPPING LIST

level 3 MEAL PLAN

V	EGETABLES	FF	RUIT
	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)		24 green apples 3 limes 4 lemons for snacks: green tipped bananas, green/granny smith apples, and/or grapefruit
	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 red bell pepper 1 jalapeño pepper, optional 12 carrots 1 fennel bulb 3 large cucumbers 1 avocado	M	3 dozen eggs ½ - 2 lbs of bones for broth 8 boneless, skinless chicken breasts 1.5 lb ground pork 1½ 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)
	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	р [,] уо	Please look at the at smoothie recipes on 49-51 of the cookbook to determine which we would like to make and add to gredients to you list accordingly.



level 3 MEAL PLAN

week 3

VI	EGETABLES	FF	RUIT
	3 large red onions		8 green apples
	5 large bell peppers		6 limes
	1 dozen small mushrooms		2 lemon
	2 medium zucchini		for snacks: green tipped
	3 large head cauliflower		bananas, green/granny smith apples,
	17 green onions (scallions)		and/or grapefruit
	4 medium yellow onions		
	9 large parsnips	M	EATS
	1 lb kale		3 dozen eggs
	1 butternut squash (optional)		2 dozen jumbo shrimp
	8 cremini mushrooms		2 lbs ground pork
	1 head bok choy (or 8 baby		1½- 2 lbs beef bones for broth
	bok choy)		3 lbs ground beef or bison
	1 fennel bulb		
	2 shallots	_	1 lb ground pork
	2 Thai red chili peppers (or		4 boneless, skinless chicken breasts
	other spicy red chili peppers)		2 pounds boneless skinless turkey
	1 head butter lettuce		east
	2 medium carrots		3 cups cooked shredded chicken
	1 cup green beans		4 slices bacon (approx. ½ lb)
	6+ sun-dried tomatoes		additional "protein of choice" for oc-
	1 bunch celery	_	casional breakfasts (3 meals)
	6 cremini mushrooms		datierial steamages (e means)
	10 oz hot chili peppers	* F	Please look at the at smoothie recipes
	avocado, optional		p 49-51 of the cookbook to deter-
	fresh garlic (several heads)	mi	ne which you would like to make and
	fresh ginger	ad	d to ingredients to you list
	fresh cilantro	ac	cordingly.
	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



pescetarian modification MEAL PLAN

stocking pantry

 ERBS & SPICES	F#	AIS & OILS
baking soda		coconut oil
basil		extra virgin olive oil
basil- fresh leaves		ghee (optional)
brewer's yeast - optional		macadamia nut oil - or other oil
cayenne pepper		fats & oils 1-pg guide
chili powder		sesame oil
cilantro- fresh		unsalted butter
cinnamon	C	ANNED & JARRED
cocoa powder- unsweetened		capers
coriander		canned tuna, salmon, sardines
cumin		
dill		
dulse flakes - optional		olives
fennel seeds- ground		
garlic- fresh		raw kraut
garlic- granulated	П	
ginger- fresh		tomato sauce
kelp flakes or minced nori		torriate saace
nutmeg		UTS & SEEDS
onion powder		almonds
onion powder oregano		almonds almonds- sliced
onion powder oregano paprika		almonds almonds- sliced almond butter
onion powder oregano paprika pepper- black		almonds almonds- sliced almond butter almond meal
onion powder oregano paprika pepper- black pepper- white		almonds almonds- sliced almond butter almond meal chia seeds
onion powder oregano paprika pepper- black pepper- white pumpkin pie spice		almonds almonds- sliced almond butter almond meal chia seeds coconut flour
onion powder oregano paprika pepper- black pepper- white pumpkin pie spice red chili flakes (optional)		almonds almonds- sliced almond butter almond meal chia seeds coconut flour macadamia nuts
onion powder oregano paprika pepper- black pepper- white pumpkin pie spice red chili flakes (optional) rosemary- fresh		almonds almonds- sliced almond butter almond meal chia seeds coconut flour macadamia nuts sesame seeds
onion powder oregano paprika pepper- black pepper- white pumpkin pie spice red chili flakes (optional) rosemary- fresh sage		almonds almonds- sliced almond butter almond meal chia seeds coconut flour macadamia nuts
onion powder oregano paprika pepper- black pepper- white pumpkin pie spice red chili flakes (optional) rosemary- fresh sage sage- fresh		almonds almonds- sliced almond butter almond meal chia seeds coconut flour macadamia nuts sesame seeds
onion powder oregano paprika pepper- black pepper- white pumpkin pie spice red chili flakes (optional) rosemary- fresh sage sage- fresh sea salt		almonds almonds- sliced almond butter almond meal chia seeds coconut flour macadamia nuts sesame seeds walnuts
onion powder oregano paprika pepper- black pepper- white pumpkin pie spice red chili flakes (optional) rosemary- fresh sage sage- fresh sea salt thyme	 	almonds almonds- sliced almond butter almond meal chia seeds coconut flour macadamia nuts sesame seeds walnuts AUCES balsamic vinegar
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		almonds almonds- sliced almond butter almond meal chia seeds coconut flour macadamia nuts sesame seeds walnuts AUCES balsamic vinegar
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		almonds almonds- sliced almond butter almond meal chia seeds coconut flour macadamia nuts sesame seeds walnuts AUCES balsamic vinegar coconut aminos
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		almonds almonds- sliced almond butter almond meal chia seeds coconut flour macadamia nuts sesame seeds walnuts AUCES balsamic vinegar coconut aminos dijon mustard (gluten free)
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		almonds almonds- sliced almond butter almond meal chia seeds coconut flour macadamia nuts sesame seeds walnuts AUCES balsamic vinegar coconut aminos dijon mustard (gluten free) fish sauce

whey, egg white or hemp



☐ 6 green apples

☐ 3 green tipped bananas

pescetarian modification MEAL PLAN

V	EGETABLES	SE	EAFOOD, EGGS & DAIRY
	11 avocados		full fat yogurt - enough for two meals
	1 large butternut squash		3 dozen eggs
	2 yellow onions		goat cheese
	7 green onions		parmesan cheese (optional)
	1 large eggplant		hard cheese- like Kerrrygold cheddar
	20 cremini or white button mush		feta cheese
	rooms		2 pounds of lemon sole or other
	7 cups spinach		delicate white fish
	4 carrots		8 dozen extra large shrimp
	2 stalks of celery		2 4-6 ounces of wild salmon filets
	1 jicama		1 pound of halibut or other firm white
	2 zucchini		fish
	4 zucchini 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		
F	RUIT		
	4 lemons		
	4 limes		
	1 grapefruit		



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 mush rooms
- □ 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



pescetarian modification MEAL PLAN

week 3

VEGETABLES	VE	GE1	ГАВ	LES
------------	----	-----	-----	-----

- □ 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

AS SEEN IN THE 21 DAY SUGAR DETOX



dining out

tips and tricks for navigating menus and making healthy choices

AMERICAN FOOD

AVOID: Fried foods, anything breaded, sandwiches, wraps, and pre-mixed burgers and salads with lemon or dressings.

ENJOY: Bunless or lettuce-wrapped vinegar and olive oil.

CHINESE FOOD

AVOID: Unless you know the restaurant well enough to make special requests for no MSG and only sauces without sugar, it's best to avoid Chinese food. Many of the sauces contain hidden sweeteners.

INDIAN FOOD

AVOID: Skip the naan and rice. Ask about flour/gluten in sauces and spice rubs.

ENJOY: Meats and veggies that are grilled or roasted and not drowning in sauces. Tandoori meats are often marinated in yogurt, so they're okay on Levels 1 and 2, but not on Level 3.

ITALIAN FOOD & PI77A

AVOID: Bread, pasta, and breaded meats. Ask about sauces and preparation of items (meatballs often contain breadcrumbs). There is simply no great way to enjoy a healthy version of pizza while dining out.

ENJOY: Broiled chicken, fish, shrimp, or other protein with red sauce and veggies or salad on the side. If you're craving pizza, make "meatza" at home (recipe on page 126), or make pizza with a cauliflower crust if you are on Level 1 or 2 (which typically include cheese) or an almond meal crust for any level.

JAPANESE FOOD

AVOID: Rice (white and brown) is typically flavored with vinegar, which is okay, but also sugar, which is not. Also avoid anything fried or tempura battered, imitation crab, and most sauces

ENJOY: Sashimi or broiled fish; just be sure to ask about sauces used and avoid soy sauce.

MEXICAN FOOD

AVOID: Tortilla shells and chips (both corn and flour), beans, and rice (or eat limited portions per Level 1 & 2 guidelines). Vegetarians: Have some beans but go lightly on the rice.

ENJOY: Meat, salsa, and guacamole—often you can ask for these ingredients to be placed over a salad or with vegetables. Ask for raw celery or carrots to dip into guacamole. Ask for a side of vegetables to add to your

THAI FOOD

AVOID: Sauces that contain peanuts. Also avoid noodles and desserts.

ENJOY: A curry dish or other coconut milk-based dish without rice.

MORE TIPS & TRICKS

smart dining on The 21DSD

Think ahead and don't arrive starving. Eat a small snack of some nuts or nut butter, or even a few bites of avocado or leftover meat before you head out the door.

Preview the restaurant's menu online before you go.

Check out reviews from other diners on a site like Yelp.com or TripAdvisor.com (especially when traveling).

Pass on the bread basket—it'll keep temptation away! Ask for sliced veggies or olives instead.

Either skip the appetizers or opt for a salad starter.

Entrées are easy. While finger food is often breaded, fried, or otherwise carb-loaded, entrées that are made of simpler ingredients can be easy to find.

Look for grilled, broiled, or baked options. These typically aren't breaded, so they'll be safer bets for vour detox. But ask the server for details on how things are prepared; they're used to questions! Be polite, but get the answers you need.

Make substitutions. If a meal comes with French fries, bread, or pasta, simply ask that the kitchen either leave it off of the plate or substitute some vegetables instead.

AT PARTIES

Ask the host what they plan on serving so you know what to expect. Bring a dish or two that you know you can enjoy and that will satisfy your hunger. The host will be happy to have the contribution, and you'll be glad to know that you won't be hungry all night if they're serving only foods that you aren't currently eating.





DAY SUGAR DETOX BUST SUGAR & CARB

AS SEEN IN THE 21 DAY **SUGAR** DETOX

fats & oils

cleaning up your diet by using the right fats & oils is essential to improving your health

WHICH TO EAT



SATURATED IDEAL FOR HOT USES

PLANT SOURCES organic, unrefined forms are ideal

coconut oil

palm oil from sustainable sources

ANIMAL SOURCES pasture-raised/grass-fed & organic sources are ideal

butter, ghee/clarified butter schmaltz (chicken fat)

duck fat tallow

lamb fat lard

UNSATURATED IDEAL FOR COLD USES

organic, extra-virgin, & cold-pressed forms are ideal

avocado oil nuts & seeds (including nut &

nut oils (walnut, pecan, seed butters)

macadamia) flaxseed oil (higher in polyunsatuolive oil rated fatty acids, so consume in extremely limited amounts)

Note: Unsaturated fats—often called oils as listed above—are typically liquid at room temperature and are easily damaged (oxidized) when heat is applied to them. You do not want to consume damaged fats; therefore, cooking in these fats is not recommended.

WHICH TO DITCH



SATURATED

Man-made fats are never healthy. Trans fats are particularly harmful. "Buttery spreads," including oil blends like Earth Balance, Benecol, and I Can't Believe It's Not Butter

hydrogenated or partially hydrogenated oils margarine

UNSATURATED

These oils are highly processed and oxidize easily via one or more of the following: light, air, or heat. Consuming oxidized oils is never healthy.

canola oil (rapeseed oil) safflower oil soybean oil grapeseed oil sunflower oil rice bran oil vegetable oil

For more detailed information on the fatty acid profiles of fats & oils, check out my book *Practical Paleo*.

CHOOSING COOKING FATS

listed in order of most stable to least stable for cooking

The fats and oils are ranked below based on the following criteria:

1. how they're made—choose naturally occurring, minimally processed options first;

2. their fatty acid composition—the more saturated they are, the more stable and less likely to be damaged or oxidized they are;

3. smoke point—this tells you how hot is too hot before you will damage the fats, though it should be considered a secondary factor to fatty acid profile.

VERY STABLE—IDEAL FOR COOKING

coconut oil
butter/ghee
cocoa butter
tallow/suet (beef fat)
palm oil from sustainable sources
lard/bacon fat (pork fat)
duck fat

MODERATELY STABLE—BEST COLD

avocado oil* macadamia nut oil* olive oil* rice bran oil*

LEAST STABLE—NOT RECOMMENDED

safflower oil**
sesame seed oil**
canola oil**
sunflower oil**
vegetable shortening**
corn oil**
soybean oil**
walnut oil*
grapeseed oil**

*While not recommended for cooking, cold-pressed nut and seed oils that are stored in the refrigerator may be used to finish recipes or after cooking is completed, for flavor.

**These oils are not recommended for consumption, whether hot or cold, but are listed here for your reference, as they are commonly used.



replacing foods

think ahead to what you will eat in place of some of your favorite fallbacks while on The 21-Day Sugar Detox

WHAT TO REPLACE : WHAT TO EAT soy sauce, wheat-free tamari --> coconut aminos cow, goat, or sheep milk (for Level 3) coconut milk, almond milk (page 213) hot or cold breakfast cereal/oats assorted chopped nuts, coconut, and 21DSD fruit with coconut milk grain-free banola (page 200) grain-based/pre-made granola hard-boiled eggs or quiche to-go (page 104) breakfast/granola bars protein/snack bars jerky (page 184) and a handful of nuts or singleserving nut butter packets pancakes made from grain flour pumpkin pancakes (page 98), almond flour pancakes 21DSD smoothies (page 92) sweetened smoothies pasta made from grain flour spaghetti squash (page 122), zucchini noodles (pages 148, 176) or cucumber noodles (page 170) biscuits/rolls made from grain flour savory herb drop biscuits (page 188) crackers made from grain flour herb crackers (page 183) or fresh veggies cut into thin discs cookies or donuts made from grain not-sweet cinnamon cookies (page 195), apple flour & sweetened cinnamon donuts (page 199) basic cilantro cauli-rice (page 172)

pinterest.com/21daysugardetox

There are countless ideas for meals and snacks on our Pinterest boards—hop online and check them out!

AS SEEN IN THE 21 DAY **SUGAR** DETOX



sneaky sugar synonyms

all sugar and sweeteners listed here are **out** for The 21-Day Sugar Detox

NATURAL SWEETENERS*.....



Brown sugar
Cane juice
Cane juice
crystals
Cane sugar
Coconut nectar
Coconut sugar/
crystals

Date sugar
Date syrup
Dates
Fruit juice
Fruit juice
concentrate
Honey
Maple syrup

Molasses
Palm sugar
Raw sugar
Stevia (green
leaf or extract)
Turbinado sugar

*Natural sweeteners are the options I recommend using in very limited quantities *after* your 21DSD.

NATURALLY DERIVED SWEETENERS



Agave Agave nectar Barley malt Beet sugar Brown rice syrup Buttered syrup Caramel Carob syrup Corn syrup Corn syrup solids Demerara sugar Dextran Dextrose Diastatic malt Diastase

Ethyl maltol

Fructose Glucose/ glucose solids Golden sugar Golden syrup Grape sugar High-fructose corn syrup Invert sugar Lactose Levulose Light brown sugar Maltitol Malt syrup Maltodextrin Maltose

Mannitol
Muscovado
Refiner's syrup
Sorbitol
Sorghum syrup
Sucrose
Tagatose
(Tagatesse,
Nutrilatose)
Treacle
Yellow sugar
Xylitol (or other
sugar alcohols;
typically they
end in "-ose")

ARTIFICIAL SWEETENERS



Acesulfame K/Acesulfame Potassium (Sweet One, Sunett) Aspartame (Equal, NutraSweet) Saccharine (Sweet'N Low) Stevia, white/bleached (Truvia, Sun Crystals) Sucralose (Splenda) additional considerations for sweetener choices after The 21-Day Sugar Detox

HOW IT'S MADE

The more highly refined a sweetener is, the worse it is for your body. For example, high fructose corn syrup (HFCS) and artificial sweeteners are all very modern, factory made products. Honey, maple syrup, green leaf stevia (dried leaves made into powder), and molasses are all much less processed and have been made for hundreds of years. In the case of honey, almost no processing is necessary. As a result, I vote for raw, organic, local honey as the ideal natural sweetener after your 21DSD.

WHERE IT'S USED

This is a reality check. When you read the ingredients in packaged, processed foods, it becomes obvious that most of them use highly refined, low-quality sweeteners. Food manufacturers even hide sugar in foods that you didn't think were sweet! Many foods that have been made low-fat or non-fat have added sweeteners or artificial sweeteners—avoid these products!

HOW YOUR BODY PROCESSES IT

Here's where the high-fructose corn syrup (HFCS) commercials really get things wrong: Your body actually does not metabolize all sugar the same way. Interestingly enough, sweeteners like HFCS and agave nectar were viewed as better options for diabetics for quite some time because the high fructose content of both requires processing by the liver before the sugar hits your bloodstream. This yielded a seemingly favorable result on blood sugar levels. However, it's now understood that isolated fructose metabolism is a complicated issue and that taxing the liver excessively with such sweeteners can be quite harmful to your health. Fructose is the primary sugar in all fruit. When eating whole fruit, the micronutrients and fiber content of the fruit actually support proper metabolism and assimilation of the fruit sugar. Whole foods for the win!



daily success log

COMPLETE 22 DAY LOG

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THE 21-DAYSUGAR DETOX DAILY SUCCESS LOG

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