

## WEEK 1 • meal plan ingredients

*These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs*

### 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)

### FRUITS

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

### MEAT & SEAFOOD

- 3 Eggs dozen
- 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 to determine which you would like to make and add to ingredients to you list accordingly.**

## WEEK 2 • meal plan ingredients

*These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs*

### 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

### FRUITS

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

### MEAT & SEAFOOD

- 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

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## WEEK 3 • meal plan ingredients

*These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs*

### 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

### FRUITS

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

### MEAT & SEAFOOD

- 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

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