

Sample Weekly Meal Plan

Grocery List

Recommendations: Whenever possible buy organic and locally grown produce; buy organic, pasture-raised meat, poultry and eggs and wild-caught fish.

PRODUCE

- Red onion (2)
- Sweet potato (1)
- Baby spinach
- Zucchini (1)
- Romaine lettuce
- Avocado (3)
- Carrots (9)
- Cucumbers (2)
- Cherry tomatoes (1 pint)
- Commercial guacamole (no sugar added)
- Bell peppers (4)
- White mushrooms (6)
- Asparagus (~20 stalks)
- Radishes (1 bunch)
- Green onions (1 bunch)
- Beet (1)
- Snap peas (1 small bag)
- Berries (topping for granola e.g. blueberries, blackberries, raspberries)
- Apples (2-4)

MEAT + POULTRY + FISH + EGGS

- 2 pounds ground beef
- 18 eggs
- 3 pounds pork shoulder (ask butcher to cut into two 1.5 pound pieces)
- 3 pounds chicken breasts or thighs
- Bacon (1 package)

NUTS + SEEDS + OILS

- Almonds, sliced & raw (1 cup)
- Pumpkin seeds, raw (1/3 cup)
- Sunflower seeds, raw (1/2 cup)
- Pecan halves (1/2 cup)
- Coconut, shredded & unsweetened (1/2 cup)
- Honey (2 tbsp)

- Maple syrup (2 tbsp)
- Avocado oil ((~1/2 cup)
- Avocado oil-based mayonnaise, Chosen Foods is a good brand (1/4 cup)
- Almond butter (2-4 tbsp)

SPICES

- Cinnamon, ground (1 tbsp)
- Chili powder (2.5 tbsp)
- Cumin, ground (1.5 tbsp)
- Oregano, dried (1 tbsp)
- Paprika, smoked (6 tbsp)
- Garlic powder (8 tbsp)
- Mustard, ground (2 tbsp)
- Himalayan sea salt (4 tbsp)
- Black pepper

CANNED + JARRED + PACKAGED GOODS

- Raisins (1/2 cup)
- Salsa
- Dijon mustard (1 tbsp)
- Tuna, wild albacore (4 x 133g cans)
- Yellow mustard (4 tbsp)
- Lemon juice (2 tbsp)
- Dill pickles (2)
- Chocolate chips, Lily's is a good brand (1/4 cup)

DAIRY (if tolerated)

- Plain Greek yogurt (for granola, 1 cup)

COOKING SUPPLIES

- Parchment paper
- Ziploc bags (large & sandwich sized)
- Mason Jars (6)