

# Shopping List - Week 1

## Fats, Seasonings & Miscellaneous

- 3 ½ cups (600 mL) full-fat coconut milk
- 1 ½ teaspoons cardamom
- ½ teaspoon caraway seeds
- ½ teaspoon sesame oil

## Produce & Fresh Herbs

- 7 apples
- 5 oz (142 g) cranberries, fresh or frozen
- 7.6 oz (215 g) blackberries, fresh or frozen
- 1/3 cup (70 mL) fresh apple or pomegranate juice
- 12.5 oz (355 g) carrots
- 6 ribs celery
- 6 onions
- 2 red onions
- 2 bulbs garlic (13 cloves)
- 4 oz (113 g) arugula
- 2 oz (60 g) basil
- 1 lb 10 oz (750 g) beets
- 3 fennel bulbs
- 1 bunch rosemary
- 28 oz (800 g) yam
- 1 lb (450 g) brussels sprouts
- 6 lbs (2.7 kg) butternut squash, fresh or frozen
- 2 medium zucchinis, fresh or frozen spiralized (about 1 lb/450 g)
- 4.5 oz (128 g) parsnips
- 5.5 oz (155 g) turnips
- 1 lb 9 oz (700 g) sweet potato
- 1 long English cucumber
- 8.8 oz (250 g) broccoli

- 4 baby bok choy
- 2 acorn squash
- 1 (2.5cm) piece of ginger root
- 1 bunch parsley
- 1 bunch thyme
- 1 bunch oregano
- 1 bunch mint
- 1 bunch sage

## Meat

- 4 lbs (1.8 kg) chicken thighs, skinless, boneless
- 3 pork tenderloin (roughly 3 lbs/1.4 kg)
- 3 lbs (1.36 kg) turkey breast tenders
- 3-4 lb (1.4-1.8 kg) pork roast
- 2 chicken legs, bone in

## Baking

- 6.7 oz (190 g) tapioca or arrowroot starch
- 12.3 oz (350 g) cassava flour
- 2 teaspoons baking soda

## Nuts & Seeds

- 6.3 oz (180 g) pumpkin seeds
  - 1 tablespoon flax seeds
  - 1 tablespoon hemp seeds
  - 4 brazil nuts
  - 2 tablespoons whole psyllium husk
  - 8.8 oz (250 g) macadamia nuts
- Stage 2 Additions
- vanilla extract (alcohol free)

# Meal Plan Week 1


for 2 people



Follow **Stage 1** suggestions in each recipe!


Some recipes have several variations.

Freeze all leftovers into serving sizes indicated in recipes.

Put dinner meat in the fridge each morning to thaw.

 = make half the recipe

  = make 1 + 1/2 times the recipe

 = make a double batch

	Breakfast	Lunch	Dinner	Batch or Prep
Sat.	Blueberry Muffins 212  Salted, Crispy Pork Belly 122  Stock for lunch 132 	Beet Fennel Apple Soup 135   Shredded Chicken Thigh from stock	Maple Pork Sheet Pan 146 (see <i>Batch notes</i> ) 	Cook 2 extra pork tenderloin Freeze for Tues & Thurs dinners  Thaw pot roast in fridge
Sun.	Creamy Butternut Squash Porridge 123  + Shredded Chicken Thigh	1 lb IP Turkey Breast Tender 144 Zoodles 90 Pesto 104 (see <i>Batch notes</i> ) 	Pot Roast Stew 147  Bok Choy with Garlic & Ginger 190 	You will need Pesto for later this week   Prepare & freeze now to make your weeknights easier
Mon.	Leftover Blueberry Muffins + Salted, Crispy Pork Belly	Leftover Pot Roast Stew	Turkey Hash 152 2 Acorn Squash 177	
Tues.	Leftover Butternut Squash Porridge + Shredded Chicken Thigh	Leftover Beet Fennel Apple Soup + Shredded Chicken Thigh	Leftover Pork Tenderloin Carrot Caraway Salad 183  Side of cucumber slices	Soak 2 tablespoons pumpkin seeds, 1 tablespoon flax seed, 1 tablespoon hemp seed & 4 Brazil nuts in water
Wed.	Protein Smoothie 118	Leftover Pot Roast Stew	Leftover Turkey Hash Steamed-or-Sautéed Broccoli 176	
Thurs.	Leftover Blueberry Muffins + Salted, Crispy Pork Belly	Leftover Beet Fennel Apple Soup + Shredded Chicken Thigh	Pizza Night 160  Toppings: pesto, arugula, red onion + Leftover Pork Tenderloin	Chop & freeze any leftover herbs from this week's recipes
Fri.	Leftover Butternut Squash Porridge + Salted, Crispy Pork Belly	Leftover Pizza	Chicken with Apples & Brussels 154 	Soak 2 cups of macadamia nuts