

Shopping List - Week 2

Fats, Seasonings & Miscellaneous

- 6 teaspoons goat butter
- 1 ½ teaspoons caraway seeds
- 1 teaspoon fennel seeds
- ½ teaspoon nigella seeds
- 1 package tulsi (holy basil) loose leaf tea or teabags

Produce & Fresh Herbs

- 1 lb (450 g) blueberries or blackberries, fresh or frozen
- 9 medium apples (2 of them tart, green apples) fresh or frozen
- 2 cups seasonal fruit – your choice
- 1 dragon fruit or ½ cup blackberries (2.5 oz/70g)
- 10 oz (280 g) cherries, fresh or frozen
- 1 lb 11 oz (750 g) parsnips
- 2 lbs 7 oz (1.1 kg) carrots
- 2 lbs 10 oz (1.2 kg) turnips
- 7 oz (200 g) arugula
- 1 head green or red leaf lettuce
- 1 small shallot
- 1 lb 5 oz (600 g) white sweet potato
- 9-10 oz (260-280 g) orange sweet potato
- 11 ribs celery
- 4 onions
- 2 bulbs garlic (10 cloves)
- 7 medium zucchini (about 3 lbs 4 oz / 1.5 kg)
- 1 head lettuce
- 1 lb 7 oz (650 g) beets
- Your choice of veggies to dip in hummus (enough for 3 meals)
- 1 bunch (5 oz/150 g) dandelion greens

- 4 leeks
- 1 long English cucumber
- 2 lb (900 g) celeriac
- 1 lb (450 g) asparagus
- 1 bunch green onion
- 1 small cabbage
- 3–4-inch (8-10 cm) piece of ginger root
- 1 piece turmeric root
- 1 bunch dill
- 1 bunch cilantro
- 1 bunch parsley
- 1 bunch sage
- 1 bunch tarragon

Meat

- 6 lbs (2.7 kg) chicken thighs, skinless, boneless
- 5 lbs (2.2 kg) whole chicken
- 1 lb (450 g) lamb chops
- 2 lbs (900 g) pork chops
- 2 lbs (900 g) pork belly
- 2 lbs (900 g) pork ribs

Baking

- 1 lb 1.3 oz (490 g) cassava flour

Nuts & Seeds

- 5 oz (140 g) macadamia nuts
- 4.6 oz (130 g) chia seeds
- 2 oz (56 g) hemp seed
- 2.5 oz (70 g) pumpkin seeds

Stage 2 Additions

- cumin seed
- vanilla extract (alcohol free)
- nettle, dried

Meal Plan Week 2

for 2 people

Freeze all leftovers into servings sizes indicated in each recipe

	Breakfast	Lunch	Dinner	Batch or Prep
Sat.	<p>Pancakes topped with berries 125 & Macadamia Cream 99 (<i>sweet version</i>)</p> <p>Make a batch of Green Onion Pancakes to freeze for lunches</p> <p>Start stock to make lunch 132 ²</p>	<p>Borscht 140</p> <p>Shredded Chicken Thigh from stock</p>	<p>Turnip Apple Puree 196</p> <p>Tender Chicken 151</p> <p>Bed of leafy greens</p>	<p>Cherry BBQ Sauce 98</p> <p>Chimichurri 106</p> <p>Prepare & freeze these sauces to make your weeknights easier</p>
Sun.	<p>Root & Belly Casserole 121</p> <p>Soak 1/3 cup hemp seeds for dinner</p>	<p>Arugula Salad 181</p> <p>IP Pork Chops 144</p>	<p>Chicken Noodle Soup 137</p> <p>Roasted Beet Hummus 101</p> <p>+ Veggie Sticks</p>	<p>Place 2 servings Shredded Chicken Thighs in the fridge to thaw for upcoming breakfast</p>
Mon.	<p>Green Onion Pancake Sandwich with Shredded Chicken & fresh lettuce</p> <p>Place ribs in the fridge to thaw</p>	<p>Leftover Chicken Noodle Soup</p> <p>+ Beet Hummus</p> <p>+ Veggie Sticks</p>	<p>Sautéed Dandelion Greens & Leeks 185</p> <p>Easy Tender Ribs 148 with Apple Cherry BBQ Sauce 98</p> <p>Steamed Sweet Potato 176</p>	<p>Extra Cherry BBQ Sauce will be used next week</p> <p>Freeze it in an ice cube tray</p>
Tues.	<p>Leftover Root & Belly Casserole</p>	<p>Leftover Borscht</p> <p>+ Shredded Chicken Thigh</p>	<p>Leftover Tender Chicken</p> <p>+ Apple Turnip Puree</p> <p>+ Side of celery sticks</p>	<p>Soak ½ cup of macadamia nuts</p>

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	Breakfast	Lunch	Dinner	Batch or Prep
Wed.	Chia Macadamia Parfait 119	Leftover Chicken Noodle Soup + Beet Hummus + Veggie Sticks	Instant Pot Lamb Chops 1 lb (450 g) 144 Chimichurri 106 2 Sweet Roasted Carrots & Parsnips 1 Side of sliced cucumber	Extra Chimichurri will be used later Freeze this in an ice cube tray Place 2 servings Shredded Chicken Thigh in the fridge to thaw for breakfast
Thurs.	Green Onion Pancake Sandwich with Shredded Chicken & fresh lettuce	Leftover Borscht + Shredded Chicken Thigh	Mini Pizzas: Bannock 207 topped with Apple Cherry BBQ Sauce 2 Roasted Asparagus 188 & leftover Tender Chicken	Chop & freeze all leftover herbs you have from this week's recipes
Fri.	Leftover Root & Belly Casserole	Leftover Mini Pizzas	Apple Sage Pork Chops 145 1 Zucchini with Tarragon 198	You will need ½ cup activated pumpkin seeds for tomorrow's Breakfast Cookie. If you don't have any, soak ½ cup of seeds overnight