

Shopping List - Week 4

Fats, Seasonings & Miscellaneous

- 1 cup (250 mL) full-fat coconut milk
- 4 teaspoons goat butter
- 1 package tulsi tea
- 2 teaspoons sumac
- 5.3 oz (150 g) small tapioca pearls
- 1.8 oz (50 g) glass noodles (aka dangmyeon or sweet potato starch noodles)

Produce & Fresh Herbs

- 2 servings of your choice of fruit (to add to porridge)
- 2 yellow plantains
- 3.5 oz (100 g) blueberries, fresh or frozen
- 1.6 oz (45 g) pomegranate seeds, fresh or frozen
- 9.7 oz (275 g) mango, fresh or frozen
- ½ honeydew melon (or additional cucumber)
- 3 long English cucumber
- 2 lbs (900 g) asparagus
- 5 onions
- 14 cloves garlic (3 bulbs)
- 7 ribs celery
- 2 lbs 7 oz (1.1 kg) white sweet potato
- 2 lbs (900 g) carrots
- 1 medium head cauliflower
- 1 head iceberg lettuce
- 1 head or heart of romaine lettuce
- 7.4 oz (210 g) beet
- 2 endives
- 1 small radicchio

- 1 medium spaghetti squash (4 lbs/1.8 kg)
- 7 baby bok choy
- ½ head cabbage (1 cup shredded)
- 1 small shallot
- 2 medium zucchini (1 lb/450 g)
- 1 oz (28 g) watercress
- 4-inch (10 cm) piece of ginger root
- 2 bunches green onion
- 1 bunch basil
- 1 bunch fresh mint
- 1 bunch tarragon
- 1 bunch cilantro

Meat

- 4 lbs (1.8 kg) chicken thighs, skinless, boneless
- 5 chicken breasts
- 4 pork chops bone in (about 4 pounds/1.4 kg)
- 8 small lamb chops (about 2 lb/900 g)
- 1 lb (450 g) turkey breast tenders

Baking

- 2 teaspoons baking powder
- 6.2 oz (175 g) cassava flour

Nuts & Seeds

- 1.1 oz (30 g) pistachio nuts
- 4.6 oz (130 g) macadamia nuts
- 7.6 oz (215 g) chia seeds
- 2.6 oz (75 g) hemp seeds

Stage 2 Additions

- vanilla extract, alcohol free
- nettle, dried

Meal Plan Week 4

for 2 people

Freeze all leftovers into servings sizes indicated in each recipe
 Week 4 adds in some leftovers—track and monitor your symptoms to see how you do with the leftover Sweet & Sour Noodles, and Mango Chutney.

	Breakfast	Lunch	Dinner	Batch or Prep
Sat.	Leftover Sweet & Sour Noodles Start stock to make lunch 132 ²	Asparagus Soup 134 Shredded Chicken Thigh from stock	Chicken Chowder 139 Side of carrot sticks	Place 1 lb (450 g) Chicken Breast in fridge to thaw
Sun.	Tapioca Congee 115 Make Blueberry Pomegranate Bars 211	Market Salad 179 2 IP Pork Chops 144 1 or 2 Blueberry Pomegranate Bars	Spaghetti Squash Chow Mein 156	
Mon.	Leftover Blueberry Pomegranate Bars Goat Butter Tea 236	Leftover Asparagus Soup + Shredded Chicken Thigh	Instant Pot Lamb Chops 2lb (900 g) 144 Mango Chutney 96 Zucchini with Tarragon 198	Slice leftover chops and freeze for lunch
Tues.	Leftover Tapioca Congee	Romaine lettuce wraps filled with leftover lamb + Mango Chutney Add sliced cucumber	Leftover Chicken Chowder Side of carrot sticks	Soak ½ cup hemp seeds
Wed.	Hemp & Chia Porridge with fruit 124	Leftover Spaghetti Squash Chow Mein	Instant Pot Turkey Tenders Breast 1 lb (450 g) 144 Cucumber, Watercress, Honeydew Salad 180	
Thurs.	Leftover Blueberry Pomegranate Bars Goat Butter Tea 236	Leftover Asparagus Soup + Shredded Chicken Thigh	Gnocchi 194 with Pesto 104 Roasted Endive & Radicchio 188 ¹ Shredded Chicken Thigh	Freeze extra servings of Gnocchi
Fri.	Leftover Tapioca Congee	Leftover Gnocchi + Pesto + Shredded Chicken Thigh Side of sliced cucumber	Vietnamese Inspired Soup 136 (<i>see Batch notes</i>)	Eat leftover Vietnamese Inspired Soup for breakfast tomorrow or make half the recipe for dinner Chop & freeze leftover herbs