

# Shopping List - Week 3

## Fats, Seasonings & Miscellaneous

- 2 teaspoons nigella seeds
- 3 tablespoons coriander seeds
- 6 cardamom pods
- 1 tablespoon sumac
- 2 bay leaves
- 1 piece turmeric root or 1 ¼ teaspoons powder
- 2 quarts (L) goat milk
- ½ cup (125 mL) full-fat coconut milk
- ½ cup (125 mL) coconut cream
- 1 ½ teaspoons sesame oil
- 7.9 oz (225 g) glass noodles (also known as dangmyeon or sweet potato starch noodles)

## Produce & Fresh Herbs

- 6 pieces of fruit your choice to add to breakfast
- 2 pears
- 6 large plantains, yellow green
- 5.1 oz (145 g) blackberries
- 2 tablespoons pomegranate seeds (fresh or frozen)
- 3 granny smith apples
- 5 lbs (2.3 kg) butternut squash
- 2 leeks
- 7 medium carrots (17.6 oz/500 g)
- 6 ribs celery
- 2 long English cucumber
- 2 large & 1 small head cauliflower
- 5 medium zucchini (2 lb 3 oz/1 kg)
- 2 lbs 12 oz (1.3 kg) beets
- 1 shallot
- 1 lb (450 g) mixed radishes
- 1 head red leaf lettuce

- 8.8 oz (250 g) broccoli
- 3 onions
- 1 bunch green onion
- 1 small cabbage
- 1.8 oz (50 g) pea shoots
- 9-10 oz (260-280 g) sweet potato
- 3 bulbs garlic (17 cloves)
- 2-inch (4-5 cm) piece ginger root
- 1 bunch thyme
- 1 bunch oregano
- 1 bunch basil
- 1 bunch cilantro 2 tablespoons
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- 1 bunch oregano
- 1 bunch basil
- 1 bunch cilantro

# Shopping List - Week 3 Continued

## Meat

- 6 lbs (2.7 kg) chicken thighs, skinless, boneless
- 3 lbs (1.4 kg) lamb roast
- 1.5 lb (680 g) turkey breast tenders
- 14 oz/400 g duck breast
- 1 lb (450 g) chicken breast

## Baking

- 12.3 oz (350 g) cassava flour
- 4 teaspoons baking powder (gluten, corn & aluminum free)
- 6.7 oz (190 g) tapioca or arrowroot starch

## Nuts & Seeds

- 2 tablespoons flax seeds
- 1.2 oz (35 g) macadamia nuts
- 6.7 oz (190 g) pecans
- 2 tablespoons whole psyllium husk
- 2 tablespoons almonds (chopped or slivered)

## Stage 2 Additions

- vanilla extract, alcohol free
- dried oregano (instead of fresh)
- dried thyme (instead of fresh)
- dried nettle
- mace

# Meal Plan Week 3

*for 2 people*

Freeze all leftovers into servings sizes indicated in each recipe

	Breakfast	Lunch	Dinner	Batch or Prep
Sat.	4 Breakfast Cookies 126 <sup>2</sup> Goat Butter Tea Fruit Stock for lunch 132 ●●	Butternut-Pear Soup 138 Shredded Chicken Thigh from stock	Plantain Naan <sup>2</sup> Leftover Chimichurri Instant Pot Lamb Roast 3 lbs (1.3 kg) 144 Side of sliced cucumber	Place 1 lb (450 g) Turkey Tender in fridge to thaw Soak 1 cup pecans Freeze lamb for Tues & Thurs dinners
Sun.	Plantain Pecan Bake 116 ●● Start Fresh Goat Cheese for lunch 100	Beet Salad with Fresh Goat Cheese 184 Freeze 2/3 cheese for pizza night	Butter Chicken 159 Cauliflower Rice 193 <sup>2</sup>	You will need No Tomato Sauce this week Prepare & freeze now to make your weeknights easier
Mon.	Leftover Breakfast Cookies Goat Butter Tea Fruit	Leftover Butter Chicken + Cauliflower Rice	Instant Pot Duck Breast 144 Roasted Radish 187 ● Sweet potato (choose cooking method) 177	
Tues.	Leftover Plantain Pecan Bake	Leftover Butternut Pear Soup Shredded Chicken Thigh	Leftover Plantain Naan + Chimichurri + Lamb Roast Side of sliced cucumber	Place 2 servings of Shredded Chicken Thigh in the fridge to thaw for tomorrow's Breakfast Salad
Wed.	Breakfast Salad 178	Leftover Butter Chicken + Cauliflower Rice	Chicken Alfredo 157 ● Sesame Broccoli 191	
Thurs.	Leftover Breakfast Cookies Goat Butter Tea Fruit	Leftover Butternut Pear Soup Shredded Chicken Thigh	Pizza Night: Cassava Flatbread 160 <sup>2</sup> No Tomato Sauce 102 + Leftover Goat Cheese + Leftover Lamb Roast	Chop & freeze any leftover herbs you have from this week's recipes
Fri.	Leftover Plantain Pecan Bake	Leftover Pizza	Sweet & Sour Noodles 158 *Don't freeze leftovers	Tomorrow you will have 12-hour leftovers for lunch