

Shopping List - Weekly Kitchen Staples & Prep Week!

Each week, have a look at the Kitchen Staples List. Check your cupboards and fridge, and add anything you are getting low on to your shopping list. Also check to see which Fats & Seasonings you already have.

Kitchen Staples

- Himalayan or sea salt
- Avocado oil
- Olive oil
- Ghee or coconut oil
- Duck fat
- Maple syrup
- Honey
- Liquid stevia & monk fruit alcohol free drops
- Egg replacement – your choice.
See our egg replacement recipes
- Sour flavor – cream of tartar + optional alternatives: camu camu, acerola cherry or ascorbic acid

Prep Week

Add Kitchen Staples & the following ingredients to your normal shopping list so you have the ingredients you'll need to start your first breakfast of the meal plan.

Produce & Fresh Herbs

- 4 apples
- 10.6 oz (300 g) blueberries
- 2 onions

Meat

- 2 lbs (900 g) sliced pork belly
- 4 pounds chicken thighs, skinless, boneless

Baking

- 16 oz (450 g) almond flour
- 4.2 oz (120 g) tapioca or arrowroot starch
- 2 tablespoons baking powder (gluten, corn & aluminum free) – can't find it?
See our Baking Powder recipe on Page 93.



Eat fresh

Freeze leftovers

Simple ingredients - no preservatives & additives

Short thawing and cooking times

Reduce histamine from foods

