

WEEK 1 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 5 avocados
- Spinach
- 3 bunches green onions
- 1 yellow onion
- 2 red onions
- 1 tomato
- 2 bunch leafy greens
- 4 heads of cauliflower
- 2 yellow bell peppers
- 3 red bell peppers
- 1 orange bell pepper
- 2 bunches of carrots
- ½ c. cherry tomatoes
- 3 shallots
- 3-4 golden beets
- 1 large bunch curly kale
- 1 head red cabbage
- 3 bulbs bok choy
- 8 medium parsnips
- 1 cup peas
- 1 cup snow peas
- 4 large zucchini or yellow squash
- 2 cucumbers
- 1 large head broccoli

FRUITS

- 8 lemons
- 4 limes
- 1 green apple
- 2 green tipped bananas
- For Snacks:** green tipped bananas, green/granny smith apples, and/or grapefruit

MEAT & SEAFOOD

- 2 lb. bacon
- 2 ½ lb. boneless skinless chicken breast
- 2 dozen eggs
- 2 lb. ground beef
- 2 lb. ground lamb
- 2 lb. lean beef (such as london broil) OR chicken or turkey
- 4 (4-6 oz.) wild salmon fillets
- 1 lb. ground beef, chicken, pork, or turkey
- 2 lb. ground pork or turkey
- 1 ½ - 2 lb. bones
- 12 bone-in, skin on, chicken thighs
- 5 dozen extra-large shrimp
- 12 clams
- 2 mussels
- 4 -6-ounce cans salmon

OPTIONAL

- full fat yogurt
- coconut milk
- full fat milk

WEEK 2 • meal plan ingredients

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VEGETABLES

- Spinach
- 4 large zucchini or yellow squash
- 12 cherry tomatoes
- 1 shallot
- 1 large head broccoli
- 2 red cabbages
- 2 bunch green onions
- 2 head cauliflower
- 1-2 bulbs fennel
- Salad greens or baby spinach
- 2 bunches carrots
- 2 avocados
- 4 cucumbers
- 3 yellow onion
- 1 bunch celery
- 1 package kelp flakes or nori
- 1 head romaine lettuce
- 1 cup frozen or canned artichoke hearts
- 3 large tomatoes
- 1 spaghetti squash
- 2 dozen brussel sprouts

FRUITS

- 7 lemons
- 2 limes
- 4 green apple
- 2 green tipped bananas
- For Snacks:** Green Tipped Bananas, Green/Granny Smith Apples, and/or Grapefruit

MEAT & SEAFOOD

- 2 lb. bacon
- 2 dozen eggs
- 1 lb. skirt steak
- 1 ½ lb. pork tenderloin (approx. 2 tenderloins)
- 1 whole 4-6 lb. chicken
- 2 lb. lemon sole (or other delicate white fish)
- 1 ½ - 2 lb. bones
- 4 (6 oz. cans tuna)
- 1 lb. ground lamb, beef, or turkey
- 1 lb. ground beef, chicken, pork, or turkey
- 8 bone -in, skin-on chicken thighs
- ½ lb. ground veal or beef
- ½ lb. ground pork
- 1 lb. lean beef (such as London broil)
- 2 lb. bone-in pork chop

OPTIONAL

- full fat yogurt
- coconut milk
- full fat milk

WEEK 3 • meal plan ingredients

These lists reflect complete meal-planning for two people based on following the plan as created in the books. Feel free to modify it to your needs

VEGETABLES

- 1 bunch carrots
- 1-2 heads lettuce
- 6 avocados
- 2 jalapeño peppers
- 1 jicama bulb
- 2 yellow onions
- 2 red bell peppers
- 1 bunch celery
- 2 poblano peppers
- 6 bell peppers
- 10 large zucchini
- 2 medium heads of cauliflower
- 1 head green cabbage
- 4 1/2 cups canned or frozen artichoke hearts
- 1 large tomato
- 1 small eggplant
- 1 spaghetti squash
- 1 banana pepper
- 1 bunch spinach
- 12 cherry tomatoes

MEAT & SEAFOOD

- 4 dozen eggs
- 4 doz. medium shrimp
- 1 1/2 -2 lb. bones
- 1 lb. ground pork or turkey
- 1 lb. ground lamb
- 1 lb. wild salmon fillets
- 8 bone-in, skin-on chicken thighs
- 1 lb. ground beef, chicken, bison, or turkey
- 2 lb. ground beef
- 1 lb. ground pork
- 4 chicken leg quarters
- 1 lb. lean beef (such as london broil)
- 2 lb. bacon
- 1 lb. boneless skinless chicken breast

OPTIONAL

- full fat yogurt
- coconut milk
- full fat milk

FRUITS

- 4 lemons
- 5 limes
- 2 green tipped bananas
- For Snacks: green tipped Bananas, green/granny Smith apples, and/or grapefruit