









Shopping List: Meal Plan - Week 1

 Meat & Fish	 Vegetables	 Other
24 eggs 1 lb Italian sausage 1 whole chicken 1 lb ham Smoked salmon 1.5 lbs ground beef or lambs 2 cups pre-cooked ham 1 lb boneless and skinless chicken breast 4 cod fillets 2 cans wild salmon 2 cans tuna 3 lbs chuck roast Prosciutto	Salad greens 1 lb green beans <b data-bbox="570 359 1049 455">  Fruits 	Extra-virgin olive oil Ghee Balsamic vinegar Tapioca starch Dijon mustard Coconut aminos Rice vinegar Sesame oil 1 handful olives Maple syrup 2 cups beef stock 7 cups chicken stock 2 cans coconut milk 2 tbsp tomato paste
<b data-bbox="94 993 570 1089">  Vegetables 	<b data-bbox="570 810 1049 907">  Nuts 	<b data-bbox="570 1037 1049 1134">  Spices
4 sweet potatoes 7 yellow onions + 1 red onion 5 bell peppers 1 bunch green onions 18 carrots 1 1/2 lbs mixed wild mushrooms 3 shallots 2 lbs plum or mixed tomatoes 1 head cauliflower 1 butternut squash 1 leek 3 cups broccoli 10 mushrooms 2 cups baby spinach 1/2 lbs mushrooms 3 parsnips	<b data-bbox="570 1430 1049 1526">  Herbs 	27 cloves garlic 1 1/2 tsp ginger 1 tsp paprika 1 tsp ground cinnamon 1 thumb size knob of ginger 3 tbsp rosemary Fresh thyme Fresh parsley 1 1/6 tbsp dried oregano 1/2 cups basil leaves Fresh chives 1 tsp dried mint