<table>
<thead>
<tr>
<th><strong>Meat &amp; Fish</strong></th>
<th><strong>Vegetables</strong></th>
<th><strong>Other</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>24 eggs</td>
<td>Salad greens</td>
<td>Extra-virgin olive oil</td>
</tr>
<tr>
<td>1 lb Italian sausage</td>
<td>1 lb green beans</td>
<td>Ghee</td>
</tr>
<tr>
<td>1 whole chicken</td>
<td>4 lemons</td>
<td>Balsamic vinegar</td>
</tr>
<tr>
<td>1 lb ham</td>
<td>Piece of fruit</td>
<td>Tapioca starch</td>
</tr>
<tr>
<td>Smoked salmon</td>
<td>1 pineapple</td>
<td>Dijon mustard</td>
</tr>
<tr>
<td>1.5 lbs ground beef or lambs</td>
<td>1/4 cups pineapple juice</td>
<td>Coconut aminos</td>
</tr>
<tr>
<td>2 cups pre-cooked ham</td>
<td>1 green apple</td>
<td>Rice vinegar</td>
</tr>
<tr>
<td>1 lb boneless and skinless chicken breast</td>
<td>Bananas</td>
<td>Sesame oil</td>
</tr>
<tr>
<td>4 cod fillets</td>
<td>3 lemons</td>
<td>1 handful olives</td>
</tr>
<tr>
<td>2 cans wild salmon</td>
<td>Piece of fruit</td>
<td>Maple syrup</td>
</tr>
<tr>
<td>2 cans tuna</td>
<td>1 pineapple</td>
<td>2 cups beef stock</td>
</tr>
<tr>
<td>3 lbs chuck roast</td>
<td>1/4 cups pineapple juice</td>
<td>7 cups chicken stock</td>
</tr>
<tr>
<td>Prosciutto</td>
<td>1 green apple</td>
<td>2 cans coconut milk</td>
</tr>
<tr>
<td></td>
<td>Bananas</td>
<td>2 tbsp tomato paste</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Vegetables</strong></th>
<th><strong>Fruits</strong></th>
<th><strong>Nuts</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>4 sweet potatoes</td>
<td>4 lemons</td>
<td>Almond butter</td>
</tr>
<tr>
<td>7 yellow onions + 1 red onion</td>
<td>Piece of fruit</td>
<td>1 Handful nuts or trail mix</td>
</tr>
<tr>
<td>5 bell peppers</td>
<td>1 pineapple</td>
<td></td>
</tr>
<tr>
<td>1 bunch green onions</td>
<td>1/4 cups pineapple juice</td>
<td></td>
</tr>
<tr>
<td>18 carrots</td>
<td>1 green apple</td>
<td></td>
</tr>
<tr>
<td>1 1/2 lbs mixed wild mushrooms</td>
<td>Bananas</td>
<td></td>
</tr>
<tr>
<td>3 shallots</td>
<td>3 lemons</td>
<td></td>
</tr>
<tr>
<td>2 lbs plum or mixed tomatoes</td>
<td>Piece of fruit</td>
<td></td>
</tr>
<tr>
<td>1 head cauliflower</td>
<td>1 pineapple</td>
<td></td>
</tr>
<tr>
<td>1 butternut squash</td>
<td>1/4 cups pineapple juice</td>
<td></td>
</tr>
<tr>
<td>1 leek</td>
<td>1 green apple</td>
<td></td>
</tr>
<tr>
<td>3 cups broccoli</td>
<td>Bananas</td>
<td></td>
</tr>
<tr>
<td>10 mushrooms</td>
<td>3 lemons</td>
<td></td>
</tr>
<tr>
<td>2 cups baby spinach</td>
<td>Piece of fruit</td>
<td></td>
</tr>
<tr>
<td>1/2 lbs mushrooms</td>
<td>1 pineapple</td>
<td></td>
</tr>
<tr>
<td>3 parsnips</td>
<td>1 green apple</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Spices</strong></th>
<th><strong>Herbs</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>27 cloves garlic</td>
<td>3 tbsp rosemary</td>
</tr>
<tr>
<td>1 1/2 tsp ginger</td>
<td>Fresh thyme</td>
</tr>
<tr>
<td>1 tsp paprika</td>
<td>Fresh parsley</td>
</tr>
<tr>
<td>1 tsp ground cinnamon</td>
<td>1 1/6 tbsp dried oregano</td>
</tr>
<tr>
<td>1 thumb size knob of ginger</td>
<td>1/2 cups basil leaves</td>
</tr>
<tr>
<td></td>
<td>Fresh chives</td>
</tr>
<tr>
<td></td>
<td>1 tsp dried mint</td>
</tr>
</tbody>
</table>