

Week 3 Shopping List

Fats & Oils

- 12½ TB traditional fat
- 5 lbs pork back fat
- 10½ TB coconut oil
- 1¼ cups extra virgin olive oil
- 3⅔ cups olive oil
- 1½ cups avocado oil (or macadamia nut oil)

Meat & Fish

- 6 oz sirloin
- 3 lbs beef chuck or round
- 9 bacon slices
- 6 oz slab bacon
- 2 8 oz pork chops
- 1 lb pork tenderloin
- 20 oz ground pork
- 2 lbs boneless lamb shoulder or leg
- ¾ lb beef liver (sliced)
- 4 lbs beef bones (preferably marrow and knuckle bones)
- 18 oz skinless and boneless salmon fillet
- 2 6-8 oz tilapia fillets
- 1 packed cup cooked shrimp
- 4 lbs fresh mussels
- 2-3 lbs fish bones and heads from white fleshed fish (cod, flounder, etc.)

Poultry & Eggs

- One 3-4 lb chicken (preferably an old stewing hen)
- 4 chicken breasts
- 4 lbs chicken wings
- 19 eggs

Fresh Produce: Vegetables

- 4 cups kale
- 1 bag of mixed salad greens
- 1 bag of micro greens
- 28 oz fresh spinach
- 1 large cauliflower
- 2 large tomatoes
- 10 carrots
- 5-6 large parsnips
- 16 onions
- 3 yellow onions
- 6 green onions
- 2 shallots
- 2 bunches asparagus
- 2 bunches celery
- ½ cucumber
- 1 small eggplant
- 4 cups zucchini
- 6 summer squashes
- 1½ lbs acorn squash
- 2½ red bell peppers
- 1 green chili (optional)
- 2 small Habanero chili peppers
- 4 Portobello mushrooms
- 1 lb cremini mushrooms
- 75 garlic cloves (approx. 8 heads)
- 2 cups yellow beets
- 2 large Florence fennel bulbs (Finocchio) (or 4 medium ones)
- 8 cups packed celeriac (celery root)
- 2 2-inch pieces of ginger
- 1 TB fresh basil
- 2 TB fresh thyme
- ½ cup fresh oregano
- 5 cups fresh parsley
- 1 TB fresh sage leaves
- ⅔ cup fresh cilantro
- 2 TB fresh coriander
- 8 fresh bay leaves
- 4½ TB fresh chives

Fresh Produce: Fruit

- 9 lemons
- 6½ limes
- 1 banana
- 2-3 oranges (for juice and zest)
- 3 avocados
- 1 cup puréed tomatoes (or 2 chopped tomatoes)

Seasonings & Spices

- sea salt
- white pepper
- 2 TB green peppercorns
- 2½ tsp garlic powder
- 1 tsp onion powder
- 2½ TB dried thyme
- 2 tsp dried oregano
- ¼ tsp saffron
- pinch dried rosemary
- 1 TB paprika
- 1⅓ tsp cayenne
- 1 tsp red chili flakes
- ½ tsp cumin
- ⅝ tsp ground cumin
- 2 tsp cumin seeds
- ½ tsp turmeric powder
- pinch of nutmeg
- 3 tsp fennel seeds
- ½ tsp ground fennel seeds
- 1 TB coriander seeds
- 1 tsp coriander powder
- 8 cardamom pods
- 1 tsp ginger powder
- 1 tsp garam masala
- ½ tsp allspice
- 3 TB dried Herbs de Provence
- 16 cloves
- ½ tsp cinnamon
- 1 cinnamon stick (or ½ tsp ground cinnamon)

Nuts

- ¼ cup almonds
- ½ cup cashews
- ½ cup macadamia nuts
- ½ - ¾ cup toasted walnuts
- 1½ lbs hazelnuts

Dry Goods

- 3 cups coconut milk (6 oz can)
- 2¼ cups apple cider vinegar
- ½ cup red wine vinegar
- 4 TB coconut vinegar
- 3 ½ TB Dijon mustard
- 1 can chopped tomatoes
- 1 can diced tomatoes
- 1 TB tomato paste
- 2 TB fish sauce
- ¼ cup black olives
- 2 tsp capers
- 9 nori sheets (untoasted or toasted)
- ¼ cup dried wakame
- 4 TB honey (optional)
- 2 anchovy fillets (optional)
- 1 scoop of whey protein powder (optional)