

Shopping List

Week 2 Shopping List

**Note: The following ingredients are for the recipes for lard and chicken stock. These should have been made in Week 1 (if you are following the full 30 day meal plan), and therefore, do not need to be made again this week (because the amount generated from these recipes is well over what Week 1 calls for):*

- 5 lbs pork back fat
- 1 3-4 lb chicken (preferably an old stewing hen)
- 2 onions
- 4 carrots
- 2 fresh bay leaves
- 4 sprigs fresh thyme or 1 tablespoon dried thyme
- 4 celery stalks
- 4 cloves
- 1 bunch fresh parsley

Fats & Oils

- 43 TB traditional fat
- ½ cup duck fat
- 2 TB coconut oil
- 1 cup extra virgin olive oil
- 5 cups olive oil
- 1½ cups avocado or macadamia nut oil

Meat & Fish

- 2 8 oz sirloin steaks
- 1½ lbs ground beef
- 3 lbs chuck meat
- 4 bacon slices
- 2-3 lbs pork spare ribs
- ½ lb ground sausage meat

- 2½ lbs lamb shoulder
- 4 lbs beef bones (preferably marrow and knuckle bones)
- 2 6 oz salmon fillets, wild caught
- 2 8 oz halibut fillets
- 5 oz tuna
- 15 large 26/30 shrimp
- 1½ cups shrimp

Poultry & Eggs

- 1 large roasting chicken
- 4 boneless, skinless chicken breasts
- 2 small chicken fillets
- 25 eggs

Fresh Produce: Vegetables

- 1 lb collard greens
- 2 lbs kale
- 2 heads lettuce
- 4 heads of romaine lettuce
- mixed greens (enough for 2 sides)
- 6 cups spinach
- 1 head savoy cabbage
- 2 cups cauliflower
- 5 cups broccoli florets
- 5 tomatoes
- 4 lbs carrots
- 10 onions
- 7 yellow onions
- 8 green onions
- 6 shallots
- 10 asparagus
- 5 stalks celery
- 1 large cucumber
- 3 zucchini
- 1 butternut squash
- 3 bell peppers
- 2 red bell peppers
- 1 chile

- 3 green chili peppers
- 70 cloves garlic (about 7 heads)
- 3 sweet potatoes + ½ lb
- 3 lbs yuca
- 2 lbs taro
- 2 lbs turnips
- 3 beets
- 1 rutabaga
- 1 fennel bulb
- 3 lbs celery root (also called celeriac)
- 4 TB fresh ginger
- 1 cup fresh basil leaves
- 3 TB fresh thyme
- 2½ cups parsley
- 1 cup fresh cilantro
- 8 bay leaves
- fresh chives (garnish)
- ½ cup fresh herb of choice (rosemary, thyme, etc.)

Fresh Produce: Fruit

- 13 lemons
- 2 limes
- 4 large green plantains
- 5 avocados
- 1½ cups pineapple chunks

Seasonings & Spices

- sea salt
- white pepper
- 1 tsp onion powder
- 1 TB dried oregano
- 2 tsp fresh rosemary leaves
- 5 TB paprika
- Spanish paprika
- 5 TB Hungarian sweet paprika
- ½ tsp cayenne
- 1½ tsp chili powder
- 1½ tsp spicy red chili flakes

- 6½ tsp cumin
- ½ tsp cumin seeds
- ½ tsp turmeric
- ½ tsp nutmeg
- ½ tsp coriander seeds
- 3 tsp ground coriander
- 1 tsp dried mustard
- 1½ tsp black mustard seeds
- 1½ tsp caraway seeds
- 2 TB garam masala
- 2 tsp dried Italian seasoning
- 8 whole cloves
- ⅛ tsp cinnamon

Nuts

- 2 cups almonds
- 1½ cups hazelnuts
- 4 TB pine nuts

Dry Goods

- 6 cans coconut milk (6 oz cans)
- ¾ cup coconut cream
- 1½ cups apple cider vinegar
- 5 TB Dijon mustard
- 5½ cups tomato puree
- 1 cup tomato paste
- 1 can Roma tomatoes
- ⅓ cup black olives (Niçoise olives preferred)
- 8 anchovy fillets (Crown Prince brand in glass jar recommended)
- 4 TB capers
- ¾ cup tahini
- 1 TB coconut aminos