

Autoimmune 7 Day Meal Plan Shopping List

Fats and Oils

- ¾ cup traditional fat of choice
- ¾ cup coconut oil
- ¾ cup olive oil
- 1½ cup olive oil, extra-virgin

Meat and Fish

- 4 slices bacon
- 16 oz ribeye steak
- 2 lbs ground beef
- 4 pork chops
- 1 lb ground pork
- 5 lbs pork back or belly fat
- 36 oz salmon fillet
- 16 oz tuna steaks
- 1½ lbs beef tongue
- 4 lbs beef bones (preferably marrow and knuckle bones)

Poultry and Eggs

- 1 whole chicken (4 - 5 lbs)
- 6 chicken breasts
- 2 chicken thighs and legs
- ¾ lb chicken liver
- 1 whole duck (5 lbs)

Vegetables

- 3 heads of romaine
- ½ cup kale
- 1 lb collard greens
- 6½ cups spinach, fresh, packed
- 9 onions, whole
- 2 red onions, whole
- 1 white onion, whole
- 5 shallots, whole
- 40 garlic cloves (about 3 heads)
- 3 lbs carrots
- 2 lbs parsnips
- 8 cups broccoli florets
- 4 bunches asparagus (1½ lbs)
- 6 celery stalks
- 1 lb mushrooms
- 6 medium summer squash
- ½ cucumber
- 1 cup zucchini, cubed
- 3½ lbs sweet potatoes
- 6 cups celery root (celeriac)
- 8 radishes
- 5 inch ginger, fresh, grated
- 3 inch lemongrass
- 6 cups basil, fresh
- 9 bay leaves, fresh
- 1 TB chives, fresh, chopped
- 6 TB cilantro
- 1½ cups parsley, fresh, chopped
- 2 tsp rosemary, fresh, chopped
- 1 TB sage, fresh, chopped
- 2 TB tarragon, fresh, chopped
- 1½ TB thyme, fresh, chopped

Fruit

- 9 lemons
- 6 limes
- 9 avocados
- 6 apples
- 4 pears
- 1 banana
- 4 plantains
- 1 grapefruit, red (or pomelos)
- 1½ cups pineapple chunks (1 medium)

Seasonings and Spices

- 10 whole black peppercorns
- 8 cardamom pods
- 1 cinnamon stick
- 7 cloves
- 1¾ TB coriander seeds
- 1 tsp coriander powder
- 4 tsp cumin powder (ground cumin)
- ¾ tsp cumin seeds
- 1 tsp garam masala
- 1¼ tsp garlic powder
- pinch nutmeg
- 4 tsp oregano, dried
- 2 tsp rosemary, dried
- ⅛ tsp saffron
- 2 tsp thyme, dried
- 1 tsp turmeric powder

Nuts

- 1½ cups almonds
- almond milk, unsweetened
- ½ cup cashews
- 3 TB hazelnuts
- 1 cup macadamia nuts
- ¾ cup pine nuts
- 1 cup walnuts

Dry Goods

- 2 TB apple cider vinegar
- 1 TB coconut aminos
- ¼ cup coconut cream (very thick coconut milk)
- 4½ cups coconut milk
- 5 tsp Dijon mustard
- 4 anchovy fillets
- ¼ cup olives, black
- 9 nori sheets
- 12 bamboo skewers