

# Week 4 Shopping List

*\*Note: The following ingredients are for the recipes for lard, beef bone broth/stock and Paleo mayo. These should have been made in Week 3 (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 3 calls for):*

- 1½ cups avocado oil (or macadamia nut oil)
- 5 lbs pork back fat
- 4 lbs beef bones (preferably marrow and knuckle bones)
- 2 eggs
- 2 onions
- 4 carrots
- 4 celery stalks
- 2 tsp fresh thyme
- 1 cup parsley
- 2 bay leaves
- 2 TB lemon juice
- 4 cloves
- 1 tsp Dijon mustard

## Fats & Oils

- 17 TB traditional fat of choice
- 10½ TB coconut oil
- ½ cup extra virgin olive oil
- 1¼ cups olive oil

## Meat & Fish

- 1 lb sirloin steak
- 3-4 lbs St. Louis cut pork spare ribs
- 8 oz ground pork
- 2 lbs lamb shoulder
- 2 8-oz slices beef liver

- 1 1½ lb beef tongue
- 2 salmon fillets
- 2 8 oz trout fillets
- 1 cup fresh shrimp
- ¾ lb sea scallops

## Poultry & Eggs

- 2 boneless, skinless chicken breasts
- 27 eggs

## Fresh Produce: Vegetables

- collard greens
- 3 lbs kale
- 2 heads romaine lettuce
- mixed salad greens, enough to cover 3 plates
- 1 Napa cabbage
- 8 cups bok choy
- 4 cups broccoli
- 7½ lbs tomatoes
- 3 lbs carrots
- 2 lbs parsnips
- 6 onions
- 1½ yellow onions
- ⅔ cup white onion
- 3 red onions
- 4 shallots
- 4 bunches asparagus
- 1½ cups celery stalks
- 1 cucumber
- 1 eggplant
- 1 zucchini or squash
- 2 large butternut squashes
- 1 red bell pepper
- 2 green bell peppers
- 2 poblano chili peppers
- 1 jalapeño
- 2 red chilies
- ½ lb okra

- 8 oz maitake mushrooms
- 40 garlic cloves
- (optional) 4-6 garlic cloves
- 1¾ lbs sweet potatoes (5-6 cups)
- 8 radishes
- 3 fennel bulbs
- 3½ TB fresh ginger
- 3 cups fresh basil leaves
- 11 TB fresh parsley
- 1⅓ cups fresh cilantro
- 5 fresh bay leaves
- 4 TB tarragon sprigs
- 1 cup leek
- 3 scallions
- ¼ cup celery leaves

## **Fresh Produce: Fruit**

- 6½ lemons
- 5 limes
- 4 avocados
- 1½ cups pineapple chunks
- 4 TB coconut

## **Seasonings & Spices**

- sea salt
- white pepper
- 1 TB garlic powder
- 2½ tsp onion powder
- 3 tsp dried thyme
- 2½ TB dried oregano
- 2 tsp dried rosemary
- ¾ TB paprika
- 2½ tsp cayenne
- (optional) ¼ tsp cayenne
- 1 TB chili powder
- 5¼ tsp cumin
- 1 tsp cumin seeds
- ½ tsp ground turmeric

- ½ tsp nutmeg
- 2 tsp fennel seeds
- 2 tsp coriander seeds
- 1 tsp ground coriander
- 2 tsp dried mustard
- ½ tsp poppy seeds
- ½ tsp cardamom powder
- 1 tsp curry powder
- 1½ tsp Chinese five spice powder
- 9 cloves
- 2 star anise
- (optional) pinch of cinnamon
- 1 inch piece of cinnamon

## Nuts

- 1 cup almonds
- ½ cup cashews
- ¼ cup pine nuts or walnuts
- 3 TB pine nuts

## Dry Goods

- 3¼ cups coconut milk (4 ½ 6-oz cans)
- 10 TB apple cider vinegar
- 3 TB red wine vinegar
- 2 tsp raspberry vinegar
- 1 TB fish sauce
- (optional) ½-1 cup tomato juice