

Week 1 Shopping List

Note: Many of the recipes in Week 1 call for a traditional fat of choice. If you don't already have some on hand, purchase 5 pounds of pastured pork fat back and see the recipe for lard on p. 389 of Your Personal Paleo Code.

Fats & Oils

- 24 TB traditional fat of choice
- 6 TB coconut oil
- 6 TB extra virgin olive oil
- 3¾ cups olive oil
- 1½ cups avocado or macadamia nut oil

Meat & Fish

- 2½ lbs grass fed ground beef
- 2 lbs beef stew cubes
- 15 bacon slices
- 1 2-3 lb boneless pork loin roast
- 12 oz ground pork
- 6 Frenched lamb rib chops (also, often called lamb lollipop chops)
- 2 6-8 oz cod fillets
- 2 6-8 oz salmon fillets
- 2 oz smoked salmon
- 2 8 oz Ahi Tuna steaks (1" thick)

Poultry & Eggs

- One 3-4 lb chicken (preferably an old stewing hen)
- 4 chicken breasts
- 4 chicken legs and thighs
- 1 lb ground turkey
- 26 eggs

Fresh Produce: Vegetables

- 3 bunches of kale
- 5 cups Swiss Chard
- 2 heads of romaine lettuce
- 16 cups mixed salad greens
- ½ lb fresh spinach
- 4 cups cabbage (any kind)
- 3 cups bok choy
- 2 heads of cauliflower
- 1 small broccoli
- 2 lbs carrots
- 6 onions
- 3 yellow onions
- 3 red onions
- 1 green onion
- 11 shallots
- 5 green asparagus
- 8 stalks celery
- 2 medium eggplants
- 6 zucchini
- 5 acorn squashes
- 1 small or medium-sized butternut squash
- 3 red bell peppers
- 1 chili pepper
- 2 red chilies
- 1 ½ lb mixed mushrooms
- 6 cups shiitake mushrooms
- 60 cloves of garlic (approx. 6 heads)
- 2 medium yuca (cassava) roots about 6-8 inches long
- 4 cups taro
- 2 tsp ground ginger
- 12 tsp fresh, grated ginger
- 2 tsp fresh thyme leaves
- 6 sprigs fresh thyme
- 2 bunches fresh parsley
- 1 TB fresh sage leaves
- 2 TB cilantro
- 2 TB fresh chives
- 3 TB fresh tarragon
- 3 large sprigs fresh rosemary

- 4 bay leaves
- 7 kaffir lime leaves
- 6 stalks lemongrass

Fresh Produce: Fruit

- 5 lemons
- 2 limes
- 1 small banana
- 1 green plantain
- 1 large red grapefruit
- 9 avocados
- 15 raspberries
- cup raisins

Seasonings & Spices

- sea salt
- white pepper
- 1 tsp dried thyme
- 2 tsp dried oregano
- 1 TB paprika
- 1 tsp cumin
- 2 tsp cumin seeds
- 1 tsp turmeric powder
- 3/4 tsp nutmeg
- 1 tsp fennel seeds (ground fennel if you don't have a mortar and pestle)
- 1/2 tsp ground fennel seeds
- 2 tsp coriander seeds
- 1 1/2 tsp ground coriander
- 1/4 tsp cardamom
- 1 1/2 TB Chinese Five Spice Powder
- 13 cloves
- 1/4 tsp ground cloves
- 4 tsp cinnamon

Nuts

- 1/2 cup macadamia nuts
- 1 1/2 cups crumbled walnuts or pecans

Dry Goods

- 6¾ cups full fat coconut milk (9 6-oz cans)
- ¼ cup coconut cream
- 1½ TB balsamic vinegar
- 1½ cups apple cider vinegar
- 1 tsp umeboshi plum vinegar
- ½ cup red wine vinegar
- 5 TB Dijon mustard
- 1 can of tuna
- ½ cup almond butter
- 2 TB unsweetened cocoa powder
- 2 cups tomato puree
- 2 TB sun dried tomatoes packed in oil
- ¼ cup kalamata olives
- 9 nori sheets
- 4 TB fish sauce (Red Boat recommended)