

Low-Carb 7 Day Meal Plan Shopping List

Fats and Oils

- 2/3 cup coconut oil
- 1/3 cup extra-virgin olive oil
- 3 1/4 cups olive oil
- 1 tsp sesame oil
- 3/4 cup traditional fat of choice

Meat and Fish

- 9 bacon slices
- 3/4 lb beef liver
- 3 lbs beef short ribs
- 1 lb beef filet mignon
- 1 lb ground beef
- 1 1/2 lbs ground lamb
- 1 lb lamb chops, Frenched
- 1 lb pork filet
- 1 lb prawns
- 2 1/2 lbs fresh shrimp
- 2 lbs beef sirloin steak
- 1 lb Ahi Tuna steaks

Poultry and Eggs

- 2 chicken breasts
- 4 lb whole chicken (preferable stewing chicken)
- 24 chicken wings
- 12 eggs

Vegetables

- 1½ cups fresh basil, chopped
- 7 basil leaves, whole
- 3 whole bell peppers, assorted colors
- 2 whole red bell peppers
- 11 cups bok choy, chopped
- 7 cups broccoli florets
- 7 cups Napa cabbage, chopped
- 17 whole carrots
- 1 whole cauliflower
- 1½ cups celeriac (celery root), chopped
- 8 celery stalks
- 2½ TB fresh chives, chopped
- 1½ cups cilantro, chopped
- ¾ cup cucumber, finely chopped
- 3 whole fennel bulbs
- 45 cloves of garlic (about 3 heads)
- 6 TB fresh ginger, finely chopped
- 1 jalapeño pepper
- 5 cups kale, chopped
- 1 bunch kale
- 1 leek, white part only
- mixed greens, enough for 4 servings
- 1 lb cremini mushrooms
- 4 whole portabello mushrooms, large
- 8 oz shitake mushrooms
- 13 whole onions
- 1 whole red onion
- 1¼ cups fresh parsley, chopped
- 2 lbs sweet potatoes
- 1 TB fresh rosemary
- 1 whole rutabaga
- 1 TB fresh sage, chopped
- 5 whole scallions (green onions)
- 4 whole shallots
- 10 packed cups fresh spinach
- 1½ lbs acorn squash
- 6 TB fresh thyme, finely chopped

- 6 lbs tomatoes
- 10 whole tomatoes
- 4 cups tomatoes, puréed (not tomato purée/paste)
- 2 cups zucchini, chopped

Fruit

- 6 whole avocados
- 7 whole lemons
- 2 whole limes
- ½ cup pomegranate juice

Seasonings and Spices

- ¼ tsp cayenne
- 8 TB Chinese five-spice powder
- 1- inch cinnamon stick
- 11 whole cloves
- 1 tsp ground coriander
- 1¼ tsp ground cumin
- 1½ TB dried mint
- ¼ tsp nutmeg
- 1¼ TB dried oregano
- 1 tsp paprika
- 8 black peppercorns
- 2 whole red chillies
- 3 tsp red chili powder
- ⅓ tsp dried rosemary
- 2 TB Italian seasoning
- ½ tsp coriander seeds
- 1 tsp cumin seeds
- 1½ tsp fennel seeds
- ½ tsp poppy seeds
- 2 cups sunflower seeds
- 1 whole star anis

Nuts

- ½ cup macadamia nuts
- 1 TB pine nuts
- ¾ cup walnuts

Dry Goods

- 3 anchovy fillets
- 2 cups coconut milk
- 4 TB shredded coconut
- 1⅓ TB fish sauce
- 3 TB Dijon mustard
- ⅓ cup Tahini paste
- ½ tsp tomato paste
- ¾ cup sun-dried tomatoes, packed in oil
- one 5 oz can tuna
- 1¼ cups apple cider vinegar
- ¼ cup dried wakame