

Week 1



Shopping List

Meat

bacon (10–16 oz.)
beef tongue (2½–3 lbs.)
ground beef (1 lb.)
ground pork (5 lbs.)
top sirloin or rib roast (3–4 lbs.)

Seafood

hake (2½ lbs. of fillets)
oysters (2 lbs., shucked)
salmon (4–6 [6–8 oz.] fillets)
whole fish, gutted and scaled (such as red snapper, 3–5 lbs.)

Fruits

avocados (3)
banana (1)
berries, melon, or other fruit (1 cup for Bacon Fruit Cups)
blood oranges (2 lbs.)
grapefruit (1–2)
lemons (3–4)
lime (1)

Nonperishables

albacore tuna (5 oz. can)
capers
raisins (½ cup)
ingredients for your favorite salad dressing (oil, vinegar, herbs, etc.)

Plan Ahead

- Bacon Bits: ¼ cup for Scalloped Hake and Oysters—make some extra bacon on Saturday morning
- Broth
- Carrot-Raisin Muffins
- Coconut Milk Yogurt
- English Bangers: Either precook sausage patties or stuff sausage into

Vegetables

asparagus (2 lbs.)
broccoflower (4–5 heads, enough for 8 cups of florets and stems)
broccoli (2 lbs.)
butternut squash (2 lbs.)
cabbage or other vegetable for fermenting (3 lbs.)
carrots (1½ lbs.)
cauliflower (2½ heads)
celery root (1 large)
celery (1 head or heart)
cilantro (fresh)
dill (fresh)
fennel (2 small bulbs)
garlic (2–3 heads)
ginger root
golden beets (2–3 medium)
green plantains (6–8 medium)
mushrooms (wild, 1½ lbs.)
onions (2 large)
parsley (fresh)
portobello mushroom caps (4–6)
red onion (1)
rosemary (fresh)
shallot (1 large)
sweet potatoes (2 lbs.)
tarragon (fresh)
thyme (fresh)
zucchini (1 medium)
greens for braising (for 7 meals)
leafy greens plus add-ons for salads (for 5 meals)
leafy greens and superfood add-ons for Superfood Smoothie (for 1 meal)
large lettuce leaves (such as romaine or butterleaf) for Tuna Salad Wraps
seasonings for Cauliflower Rice (garlic, herbs, lemon, etc.)
veggies for steaming (for 3 meals)

- casings and then parboil; let cool and then freeze
- Green Tea and Garlic Pickles for Tuna Salad Wraps—or you can buy pickles if you prefer
- Plantain Crackers (double batch)
- Pumpkin powder for Carrot-Raisin Muffins (or buy online)

Pantry Items

apple cider vinegar
avocado oil
baking soda
balsamic vinegar
bay leaf powder, or make your own using dried bay leaves
bay leaves
Bone Broth (9¼ cups, or ingredients to make 1 batch—page 110)
cinnamon (ground)
cinnamon stick
cloves (whole)
coconut oil (extra-virgin)
gelatin
lard
lemon juice (or additional fresh lemons to make your own)
mace
maple syrup (grade B)
marjoram (dried)
muscovado sugar or evaporated cane juice
olive oil (extra-virgin)
protein powder for Superfood Smoothie
pumpkin powder (½ cup, or 2 cups puréed pumpkin to make your own)
saffron
sage (dried)
salt (pink or gray)
tallow, bacon fat, and/or duck fat
thyme (dried)
truffle salt (optional)
turmeric (dried)
white wine (1¾ cups) or more broth

Other

casings for sausage (optional)
pickles (raw fermented, or ingredients to make your own—page 114)
sauerkraut (raw fermented, if not making your own)
vegetable juice (8–16 oz., or veggies to make your own)

- Salad Dressing
 - Sauerkraut: Note that this needs to ferment, typically for a week
- Tip: If you bake a big enough whole fish on Saturday, you can use it for making the Scalloped Hake and Oysters on Sunday and for leftovers on Monday.

Meal Plan

	Breakfast	Lunch	Dinner
SATURDAY	Bacon Fruit Cups (page 136)	Baked Whole Fish (page 240)	Garlic and Rosemary Roast Beef (page 205)
	Braised Greens (page 300)	Maple-Braised Butternut Squash (page 309)	Perfect Steamed Vegetables (page 296)
	Sauerkraut (page 112)	Garden Salad (page 160)	Cauliflower Mash (page 295)
		Easy Broiled Asparagus (double batch; page 306)	
SUNDAY	English Bangers (page 132)	Beef Tongue with Celery Root and Fennel Slaw (page 270)	Scalloped Hake and Oysters (page 248)
	Braised Greens (page 300)	Plantain Crackers (double batch; page 149)	Braised Greens (page 300)
	Cinnamon Broiled Grapefruit (page 143)	Vegetable Terrine (page 316)	Roasted Broccoflower (page 302)
MONDAY	English Bangers (leftover)	Scalloped Hake and Oysters (leftover)	Baked Whole Fish (leftover)
	Maple-Braised Butternut Squash (leftover)	Braised Greens (page 300)	Roasted Sweet Potato (page 313)
	Roasted Broccoflower (leftover)	Cauliflower Mash (leftover)	Garden Salad (page 160)
	Sauerkraut (leftover)		Vegetable Terrine (leftover)
TUESDAY	Garlic and Rosemary Roast Beef (leftover)	Beef Tongue with Celery Root and Fennel Slaw (leftover)	Scalloped Hake and Oysters (leftover)
	Roasted Sweet Potato (leftover)	Plantain Crackers (leftover)	Easy Broiled Asparagus (leftover)
	Perfect Steamed Vegetables (page 296)	Garden Salad (page 160)	Wild Mushrooms and Tarragon (page 305)
	Cinnamon Broiled Grapefruit (page 143)	Roasted Broccoflower (leftover)	
WEDNESDAY	English Bangers (leftover)	Garlic and Rosemary Roast Beef (leftover)	Beef Tongue with Celery Root and Fennel Slaw (leftover)
	Carrot-Raisin Muffins (page 140)	Plantain Crackers (leftover)	Roasted Sweet Potato (leftover)
	Vegetable Terrine (leftover)	Braised Greens (page 300)	Garden Salad (page 160)
	Sauerkraut (leftover)	Wild Mushrooms and Tarragon (leftover)	“Cream” of Broccoli Soup (page 183)
THURSDAY	Superfood Smoothie (page 141)	Tuna Salad Wrap (page 260)	Lemon and Thyme Broiled Salmon with Blood Orange Salsa (page 242)
		“Cream” of Broccoli Soup (leftover)	Plantain Crackers (leftover)
			Braised Greens (page 300)
			Cauliflower Rice (page 298)
FRIDAY	English Bangers (leftover)	Lemon and Thyme Broiled Salmon with Blood Orange Salsa (leftover)	Burgers with Caramelized Onions and Portobello “Buns” (page 228)
	Carrot-Raisin Muffins (leftover)	Garden Salad (page 160)	Roasted Sweet Potato (leftover)
	Braised Greens (page 300)	Cauliflower Rice (leftover)	Perfect Steamed Vegetables (page 296)
	Sauerkraut (leftover)		