

Week 2



Shopping List

Meat	
	bacon (16–20 oz.)
	ground beef (1 lb.)
	ground lamb (4 lbs.)
	ground pork (1 lb.)
	liver (1 lb., ground preferred)
	pork ribs (7–8 lbs.)
Seafood	
	mahi mahi (4–6 [6 oz.] fillets)
	whitefish (3–4 [6–8 oz.] fillets)
	lox (2–3 oz.)
Fruits	
	apples (4)
	avocado (1)
	banana (1)
	berries (½–1 cup for Coconut Milk Yogurt)
	cranberries (½ cups fresh or frozen)
	ingredients for your favorite fruit salad (for 3 meals)
	lemons (3)
	mango (1)
Nonperishables	
	capers
	clams (3 [5–6 oz.] cans)
	coconut milk yogurt (1½ cups, or ingredients to make your own—page 118)
	ingredients for your favorite dip (avocado or coconut milk yogurt plus herbs—page 172)
	ingredients for your favorite salad dressing (oil, vinegar, herbs, etc.)
	nori sheets (2)
	olives (whole green or black, ¾ cup)
	sardines (2 [4 oz.] cans)

Vegetables	
	artichoke hearts (12 oz.)
	arugula or mustard greens (6–10 cups)
	basil (fresh)
	beets (6–8)
	Brussels sprouts (1 lb.)
	butternut squash (2 lbs.)
	carrots (2 lbs.)
	cauliflower (1½ heads)
	celery (1 head or heart)
	chives (fresh)
	cucumber (1)
	garlic (1½–2 heads)
	ginger root
	green onion (1)
	onions (4)
	oregano (fresh)
	parsley (fresh)
	parsnips (2 lbs.)
	plantains (1 green and 2 ripe)
	radishes (8 oz.)
	red cabbage (1 lb.)
	red onion (1)
	rosemary (fresh)
	sage (fresh)
	savoy cabbage (1 head)
	sunflower sprouts (½ cup)
	taro root (1 lb.)
	tarragon (fresh)
	thyme (fresh)
	turmeric root
	turnip (1 large)
	zucchini (1 medium)
	greens for braising (for 3 meals)
	leafy greens plus add-ons for salads (for 3 meals)
	leafy greens and superfood add-ons for Superfood Smoothie (for 2 meals)
	starchy root vegetable for French Fries (1 lb.)
	veggies for steaming (for 4 meals)
	your favorite veggies to dip (for 2 meals)

Plan Ahead

- Barbecue Sauce for Pork Ribs
- Broth
- Coconut Cream (if making your own)
- Coconut Milk Yogurt
- Herbes de Provence for mahi mahi

Pantry Items	
	apple cider vinegar
	avocado oil
	balsamic vinegar
	bay leaves (dried)
	Bone Broth (12–12½ cups, or ingredients to make 1½ batches—page 110)
	cinnamon (ground)
	coconut aminos
	coconut oil (extra-virgin)
	coconut water vinegar
	fish sauce
	gelatin
	honey
	lard
	lemon juice (or additional fresh lemons to make your own)
	mace
	marjoram (dried)
	molasses (blackstrap)
	olive oil (extra-virgin)
	oregano (dried)
	pomegranate molasses
	protein powder for Superfood Smoothie
	red palm oil
	rosemary (dried)
	sage (dried)
	salt (pink or gray)
	savory (dried)
	tallow, bacon fat, and/or duck fat
	tarragon (dried)
	thyme (dried)
	truffle salt (optional)
	turmeric (ground)

Other	
	casings for sausage (optional)
	coconut cream (2 cups, or ingredients to make your own—page 116)
	lactobacillus-based probiotic supplement (if making homemade Coconut Milk Yogurt)
	vegetable juice (16–24 oz., or veggies to make your own)

- Hidden Liver Meatloaf
- Lamb Sausage: Either precook sausage patties or stuff sausage into casings and then parboil; let cool and then freeze
- Salad Dressing

Meal Plan

	Breakfast	Lunch	Dinner
SATURDAY	Lamb Sausage (page 132)	New England Clam Chowder (page 196)	Hidden Liver Meatloaf (page 272)
	Taro Hash (page 138)	Garden Salad (page 160)	French Fries (page 323)
	Perfect Steamed Vegetables (page 296)		Bacon-Braised Brussels Sprouts (page 321)
			Cauliflower Mash (page 295)
SUNDAY	Lamb Sausage (leftover)	New England Clam Chowder (leftover)	Simple Baked Whitefish (page 244)
	Taro Hash (leftover)	Garden Salad (page 160)	Balsamic-Roasted Beets (page 304)
	Bacon-Braised Savoy Cabbage and Apple (page 314)		Perfect Steamed Vegetables (page 296)
	Coconut Milk Yogurt (page 118) and fresh berries		Cauliflower Mash (leftover)
MONDAY	Superfood Smoothie (page 141)	Sardine Salad (page 163)	New England Clam Chowder (leftover)
		French Fries (leftover)	Garden Salad (page 160)
TUESDAY	Hidden Liver Meatloaf (leftover)	Simple Baked Whitefish (leftover)	BBQ Pork Ribs (page 216)
	Plantain and Apple Fritter (page 139)	Fruit Salad (page 336)	Balsamic-Roasted Beets (leftover)
	Braised Greens (page 300)	Veggies and Dip (page 172)	Cran-Apple Coleslaw (page 164)
	Cauliflower Mash (leftover)		Bacon-Braised Brussels Sprouts (leftover)
WEDNESDAY	Lamb Sausage (leftover)	BBQ Pork Ribs (leftover)	Mediterranean Mahi Mahi (page 246)
	Plantain and Apple Fritter (leftover)	Fruit Salad (leftover)	Roasted Butternut Squash (page 308)
	Perfect Steamed Vegetables (page 296)	Cran-Apple Coleslaw (leftover)	Braised Greens (page 300)
	Coconut Milk Yogurt (leftover)	Veggies and Dip (leftover)	Garlicky Artichoke Hearts (page 303)
THURSDAY	Crispy Bacon (page 120)	Mediterranean Mahi Mahi (leftover)	BBQ Pork Ribs (leftover)
	Plantain and Apple Fritter (leftover)	Fruit Salad (leftover)	Roasted Parsnips (page 325)
	Bacon-Braised Savoy Cabbage and Apple (leftover)	Perfect Steamed Vegetables (page 296)	Cran-Apple Coleslaw (leftover)
		Garlicky Artichoke Hearts (leftover)	Carrot-Ginger Soup (page 189) with bacon
FRIDAY	Superfood Smoothie (page 141)	Smoked Salmon and Mango Salsa Nori Wraps (page 175)	Mediterranean Mahi Mahi (leftover)
		Roasted Butternut Squash (leftover)	Roasted Parsnips (leftover)
		Cran-Apple Coleslaw (leftover)	Braised Greens (page 300)
			Carrot-Ginger Soup with bacon (leftover)