

Week 3



Shopping List

Meat
bacon (8 oz.)
beef heart (3 lbs., ground preferred)
ground beef (1 lb.)
ground chicken or turkey (4 lbs.)
ground lamb (1 lb.)
ground pork (2 lbs.; or 1 lb. each ground pork and pork fat)
lamb chops (2 lbs.)
whole chickens (2, 4–6 lbs. each)

Seafood
littleneck clams (4–5 lbs.)
salmon (3–4 [6–8 oz.] fillets)
whitefish (1½–2 lbs.)

Fruits
apples (4–5)
avocados (4–5)
banana (1)
Granny Smith apples (2)
grapefruit (1)
ingredients for your favorite fruit salad (for 3 meals)
lemons (4)

Nonperishables
black olives (4 oz.)
ingredients for your favorite salad dressing (oil, vinegar, herbs, etc.)
raisins (2 tablespoons)

Vegetables
acorn squash (2 large)
asparagus (1 lb.)
basil (fresh)
Brussels sprouts (1 lb.)
cabbage or other veggies for fermenting (3 lbs.)
carrots with greens (2 lbs.)
cauliflower (2 heads)
cilantro (fresh)
dill (fresh)
garlic (6–8 heads)
kale (2 bunches)
kohlrabi (½ cup)
leeks (4)
mint (fresh)
mushrooms (any type, ½ lb.)
mushrooms (wild, 1½ lbs.)
onions (2)
oregano (fresh)
parsley (fresh)
radishes (1 lb.)
spaghetti squash (1 large or 2 small)
spinach (2 cups)
sweet potatoes (1 or 2)
taro root (2 lbs.)
tarragon (fresh)
turnip (½ cup)
zucchini (2 lbs.)
greens for braising (for 4 meals)
leafy greens plus add-ons for salads (for 4 meals)
leafy greens and superfood add-ons for Superfood Smoothie (for 1 meal)
seasonings for Cauliflower Rice (garlic, herbs, lemon, etc.)
veggies for steaming (for 4 meals)

Pantry Items
avocado oil
Bone Broth (9 cups, or ingredients to make 1 batch—page 110)
cinnamon (ground)
coconut oil (extra-virgin)
fish sauce
garlic powder
kuzu starch
lard
lemon juice (or additional fresh lemons to make your own)
marjoram (dried)
olive oil (extra-virgin)
onion powder
protein powder for Superfood Smoothie
red wine (1 cup) or substitute (see page 85)
rosemary (dried)
sage (dried)
salt (pink or gray)
savory (dried)
tallow, bacon fat, and/or duck fat
thyme (dried)
truffle salt (optional)
white wine (½ cup, or additional broth and lemon juice)

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

Plan Ahead

- Apple-Chicken Sausage for Vegetable Soup: Either precook sausage patties or stuff sausage into casings and then parboil; let cool and then freeze
- Applesauce
- Beef Heart Sausage: Either precook sausage patties or stuff sausage into casings and then parboil; let cool and then freeze
- Broth
- Kale Chips
- Maître D' "Butter"
- Poultry Seasoning for Roasted Chicken
- Salad Dressing
- Sauerkraut: Note that this needs to ferment, typically for a week
- Sweet Potato Chips

Meal Plan

	Breakfast	Lunch	Dinner
SATURDAY	Beef Heart Sausage (page 132)	Vegetable Soup with Chicken Sausage (page 194)	Greek-Inspired Lamb Chops (page 217)
	Applesauce (page 122)	Garden Salad (page 160)	Mashed Acorn Squash with Forty Cloves of Garlic (page 307)
	Perfect Steamed Vegetables (page 296)		Braised Greens (page 300)
	Sauerkraut (page 112)		Cauliflower Rice (page 298)
SUNDAY	Vegetable Soup with Chicken Sausage (leftover)	Greek-Inspired Lamb Chops (leftover)	Roasted Chicken (page 209)
	Garden Salad (page 160)	Mashed Acorn Squash with Forty Cloves of Garlic (leftover)	Whole Carrot "Tabouleh" (page 315)
		Braised Greens (page 300)	Mint Pesto Zucchini "Pasta" (page 310)
		Cauliflower Rice (leftover)	Roasted Radishes (page 322)
MONDAY	Beef Heart Sausage (leftover)	Steamed Clams (page 253)	Bacon-Braised Whitefish and Brussels (page 254)
	Cinnamon Broiled Grapefruit (page 143)	Mashed Acorn Squash with Forty Cloves of Garlic (leftover)	Garden Green Vichyssoise (page 188)
	Perfect Steamed Vegetables (page 296)	Mint Pesto Zucchini "Pasta" (leftover)	
	Sauerkraut (leftover)	Roasted Radishes (leftover)	
TUESDAY	Roasted Chicken (leftover)	Steamed Clams (leftover)	"Spaghetti" (page 224)
	Applesauce (leftover)	Sweet Potato Chips (page 168)	Fruit Salad (page 336)
	Perfect Steamed Vegetables (page 296)	Garden Green Vichyssoise (leftover)	Garden Salad (page 160)
	Sauerkraut (leftover)		
WEDNESDAY	Beef Heart Sausage (leftover) or Apple Chicken Sausage (leftover)	Roasted Chicken (leftover)	Salmon with Maître D' "Butter" (page 245)
	Garden Green Vichyssoise (leftover)	Fruit Salad (leftover)	Savory Roasted Taro (page 320)
		Kale Chips (page 166)	Braised Greens (page 300)
		Whole Carrot "Tabouleh" (leftover)	Wild Mushrooms and Tarragon (page 305)
THURSDAY	Superfood Smoothie (page 141)	Salmon with Maître D' "Butter" (leftover)	Bacon-Braised Whitefish and Brussels (leftover)
		Fruit Salad (leftover)	Wild Mushrooms and Tarragon (leftover)
		Kale Chips (leftover)	
		Easy Broiled Asparagus (page 306)	
FRIDAY	Beef Heart Sausage (leftover)	"Spaghetti" (leftover)	Roasted Chicken (leftover)
	Applesauce (leftover)	Sweet Potato Chips (leftover)	Savory Roasted Taro (leftover)
	Perfect Steamed Vegetables (page 296)	Garden Salad (page 160)	Braised Greens (page 300)
	Sauerkraut (leftover)		Easy Broiled Asparagus (leftover)