

Week 4



Shopping List

Meat
bacon (2½ lbs.)
bison liver (1 lb.)
ground beef (1 lb.)
ground chicken or turkey (2–2½ lbs.)
lamb chops (2 lbs.)
pork roast (4–5 lbs.)
steaks (2 [4–8 oz.]
Seafood
salmon (4–6 [6–8 oz.] fillets)
trout (3–4 [6–8 oz.] fillets)
Fruits
apples (3)
avocados (7)
banana (1)
berries, melon, or other fruit (1 cup for Bacon Fruit Cups)
blood oranges (2 lbs.)
cranberries (2 cups, fresh or frozen)
lemons (3–4)
limes (2–3)
orange (1)
Nonperishables
albacore tuna (1 [5 oz.] can)
sardines (2 [4 oz.] cans)
capers
ingredients for your favorite salad dressing (oil, vinegar, herbs, etc.)

Vegetables
arugula or mustard greens (6–10 cups)
broccoflower (4 or 5 heads, enough for 8 cups of florets and stems)
broccoli (2 lbs.)
butternut squash (2 lbs.)
cabbage or other veggies for fermenting (3 lbs.)
cauliflower (2 heads)
celery (1 head or heart)
cilantro (fresh)
garlic (3 heads)
ginger root
green onion (1)
mint (fresh)
onions (2)
oregano (fresh)
parsley (fresh)
plantains (2–4 green)
portobello mushroom caps (4–6)
red onion (1)
rhubarb (8 oz.)
rosemary (fresh)
sweet potatoes (2 lbs.)
taro root (1 lb.)
tarragon (fresh)
thyme (fresh)
zucchini (2 lbs.)
greens for braising (for 1 meal)
large lettuce leaves (such as romaine or butterleaf) for Tuna Salad Wraps
leafy greens plus add-ons for salads (for 4 meals)
leafy greens and superfood add-ons for Superfood Smoothie (for 2 meals)
raw vegetables for dipping (2 meals)
seasonings for Cauliflower Rice (garlic, herbs, lemon, etc.)
starchy root vegetable for French Fries (1 lb.)
veggies for steaming (for 4 meals)

Pantry Items
avocado oil
balsamic vinegar
Bone Broth (4 cups, or ingredients to make ½ batch—page 110)
cinnamon (ground)
coconut aminos
coconut oil (extra-virgin)
coconut water vinegar
cloves (ground)
garlic powder
lard
lemon juice (or additional fresh lemons to make your own)
lime juice (or additional fresh limes to make your own)
mace
maple syrup (grade B)
olive oil (extra-virgin)
onion powder
oregano (dried)
protein powder for Superfood Smoothie
salt (pink or gray)
tallow, bacon fat, and/or duck fat
tarragon (dried)
truffle salt (optional)
turmeric (ground)
white wine (½ cup) 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 (16–32 oz., or veggies to make your own)

Plan Ahead

- Broth
- Green Tea and Garlic Pickles for Tuna Salad Wraps—or you can buy pickles if you prefer
- Plantain Chips or Crackers
- Rhubarb Chutney
- Salad Dressing
- Sauerkraut: Note that this needs to ferment, typically for a week
- Steak Spice

Meal Plan

	Breakfast	Lunch	Dinner
SATURDAY	Bacon Fruit Cups (page 136)	Bacon-Apple Chicken Burgers with Maple-Cranberry Sauce (page 222)	Teriyaki-Poached Trout (page 250)
	Garden Salad (page 160)	Roasted Butternut Squash (page 308)	Cauliflower Rice (page 298)
		Roasted Broccoflower (page 302)	Perfect Steamed Vegetables (page 296)
SUNDAY	Bacon-Apple Chicken Burgers with Maple Cranberry Sauce (leftover)	Tuna Salad Wrap (page 260)	Tarragon Roasted Pork (page 208)
	Roasted Broccoflower (leftover)	Plantain Chips (page 170) or Crackers (page 149)	Roasted Butternut Squash (leftover)
	Sauerkraut (page 112)	“Cream” of Broccoli Soup (page 183)	Braised Greens (page 300)
MONDAY	Superfood Smoothie (page 141)	Teriyaki-Poached Trout (leftover)	50/50/50 Burgers (page 289) with Portobello “Buns” (page 228)
		Cauliflower Rice (leftover)	French Fries (page 323)
		Garden Salad (page 160)	Guacamole (page 171)
TUESDAY	Bacon-Apple Chicken Burgers with Maple Cranberry Sauce (leftover)	Tarragon Roasted Pork (leftover)	Simple Grilled Steak with Rhubarb Chutney (page 218)
	Roasted Butternut Squash (leftover)	Plantain Chips or Crackers (leftover)	Roasted Sweet Potato (page 313)
	Perfect Steamed Vegetables (page 296)	Garden Salad (page 160)	Perfect Steamed Vegetables (page 296)
WEDNESDAY	50/50/50 Burgers (leftover)	Tarragon Roasted Pork (leftover)	Lemon and Thyme Broiled Salmon with Blood Orange Salsa (page 242)
	Taro Hash (page 138)	French Fries (leftover)	Garden Salad (page 160)
	Sauerkraut (leftover)	Guacamole (leftover)	“Cream” of Broccoli Soup (leftover)
THURSDAY	Superfood Smoothie (page 141)	Sardine Salad (page 163)	Greek-Inspired Lamb Chops (page 217)
		Plantain Chips or Crackers (leftover)	Mint Pesto Zucchini “Pasta” (page 310)
			Roasted Sweet Potato (leftover)
FRIDAY	50/50/50 Burgers (leftover)	Greek-Inspired Lamb Chops (leftover)	Lemon and Thyme Broiled Salmon with Blood Orange Salsa (leftover)
	Taro Hash (leftover)	Mint Pesto Zucchini “Pasta” (leftover)	“Cream” of Broccoli Soup (leftover)
	Sauerkraut (leftover)	Roasted Sweet Potato (leftover)	Perfect Steamed Vegetables (page 296)