

Athletic Performance: Week 1

Vegetables

- 1 zucchini
- 8 large carrots* (2 carrots are for the sauerkraut)
- 6 large sweet potatoes
- 3 onions
- 1 red onion
- 2 bell peppers
- 3 beets
- 1 bulb of fennel
- 15-18 oz. of mixed greens
- 10-12 oz. of spinach
- 1 butternut squash
- 1 head of romaine lettuce
- 3 avocados
- 1 bunch of kale
- 2 bunches of asparagus
- 2 heads cauliflower
- 1 package nori (seaweed)
- 8 sunchokes
- 4 parsnips
- 2 cucumbers
- 2 bunches of green onions
- 1 bunch of broccoli
- 1 large handful of string beans
- 1 pint of cherry tomatoes
- 1 large tomato
- 1 jar of grape leaves
- 1 package of artichoke hearts
- 1 large head of green cabbage*

Fruits

- 6 lemons
- 2 oranges (save zest from one)
- 1 lime
- 1 persimmon
- 2 pints of berries of your choice
- 1 large plantain

Meat, Seafood & eggs

- 4 dozen eggs
- 2 lbs. of bacon
- 1 lb. ground pork
- 12 bone-in, skin-on chicken thighs
- 1 lb. skirt steak
- 4 6-ounce cans of wild salmon
- 1 1/2 - 2 lb. flank steak
- 2 turkey legs
- 12 ounces wild smoked salmon (lox)
- 1 lb. ground lamb
- 1 lb. lemon sole
- 1 lb. lamb stew meat
- 1 whole chicken

*This meal plan also calls for sauerkraut (Recipe on page 238) this takes 2-3 weeks to ferment if you wish to begin this meal plan now you can sub out a jar of store bought sauerkraut.

Note: Lists are for approx. 2 people. Shopping lists are for fresh items only. Please refer to corresponding pantry lists for dry/non-perishable ingredients.

Athletic Performance: Week 2

Vegetables

- 10-12 oz. of spinach
- 4 large sweet potatoes
- 10-12 oz. mixed greens
- 18 carrots
- 2 zucchinis
- 3 cucumbers
- 3 onions
- 4 parsnips
- 1 head of red cabbage
- 3 bell peppers (get a mix of colors)
- 1 package artichoke hearts
- 1 beet
- 1 head of red cabbage
- 2 heads of butter lettuce
- 1 bunches of broccoli (save stems)
- 2 avocados
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 1 15-ounce can of plain tomato sauce
- 1 package of Brussels sprouts
- 1 bulb of fennel
- 2-3 daikon radishes
- 1 lb. asparagus
- 1 pint cherry tomatoes
- 1 bunch of green onions

Fruits

- 3 oranges
- 3 limes
- 2 bananas
- 4 lemons
- 1 pomegranate (save seeds)
- 1 mango
- 2 large packages of berries of your choice
- 1 large plantain

Meat, Seafood & eggs

- 2 lbs. ground turkey
- 4 dozen eggs
- 3-4 dozen large shrimp
- 2 pork tenderloins
- 2 lbs. of bacon
- 2-3 lbs. of bone-in beef short ribs
- 6 chicken legs
- 1 lb. wild salmon
- 1 lb. boneless, skinless chicken thighs
- 1 lb. wild tuna steaks
- 1 lb. chicken livers

Note: Lists are for approx. 2 people. Shopping lists are for fresh items only. Please refer to corresponding pantry lists for dry/non-perishable ingredients.

Athletic Performance: Week 3

Vegetables

- 5 avocados
- 5 large sweet potatoes
- 2 bunches of kale
- 10-12 oz. of spinach
- 2 carrots
- 1 bunch celery
- 15-18 oz. of mixed greens
- 1 butternut squash
- 1 head of red cabbage
- 2 bell peppers
- 5 onions
- 1 red onion
- 1 beet
- 1 package of mushrooms
- 1 spaghetti squash
- 1 12 oz. can of tomato paste
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 1 head of cauliflower
- 2 large heads of romanesco
- 1 package of toasted nori (seaweed)
- 1 bunch of green onions
- 2 cucumbers
- 1 head of romaine lettuce
- 1 pint of cherry tomatoes

Fruits

- 1 blood orange
- 5 lemons (save zest from one)
- 1 orange
- 1 package of frozen or fresh cherries
- 3 green apples
- 1 pint of blueberries

Meat, Seafood & eggs

- 4 dozen eggs
- 2 lbs. ground beef
- 4 ½ lbs. ground pork
- 4 bone-in, skinless chicken thighs
- 2 ½ lbs. of bacon
- 1 lb. lemon sole
- 2 duck legs
- 2 6-ounce cans of tuna
- 12 ounces wild smoked salmon (lox)
- 2 lbs. lamb chops
- 1 lb. chicken livers

Note: Lists are for approx. 2 people. Shopping lists are for fresh items only. Please refer to corresponding pantry lists for dry/non-perishable ingredients.

Athletic Performance: Week 4 + 2 days

Vegetables

1 zucchini
2 carrots
3 large sweet potatoes
2 butternut squash
1 head of Boston lettuce
10-12 oz. of mixed greens
10-12 oz. of spinach
2 onions
2 pints of cherry tomatoes
3 bell peppers
4 avocados
1 head of romaine lettuce
7 shallots
1 bunch of green onions
10-12 tomatillos
1 bunch of asparagus
1 bulb of fennel
1 dozen baby Portobello mushroom
1 lb. of fresh green beans
3 large tomatoes
1 head of cauliflower
1 bunch of broccoli
1 package of artichoke hearts
2 jalapeno peppers
1 acorn squash
3-4 inches of fresh saved horseradish

Fruits

3 oranges
5 limes
1 persimmon
3 lemons
1 pineapple
1 banana
½ a pint of fresh cranberries
1 large plantain

This week calls for approx. 64 ounces beef Bone Broth, if you don't already have some made grab a bunch of beef bones from the butcher. (Recipe on page 234)

Note: Lists are for approx. 2 people. Shopping lists are for fresh items only. Please refer to corresponding pantry lists for dry/non-perishable ingredients.

Meat, Seafood & eggs

4 dozen eggs
2 6-ounce can of tuna
3-4 6-ounce cans of wild salmon
3 lbs. of ground pork
1 lb. ground lamb
2 lbs. beef marrow bones
2 lbs. bone-in, skin-on chicken
1 lb. ground bison
1 lb. large wild scallops
6 beef shanks
2 lb. of bacon
2+ lbs. wild jumbo or colossal shrimp
1 lb. ground beef
1 ½ lbs. skirt steak
6 chicken legs

+ 2 days**Vegetables**

2 zucchini
1 large sweet potato
1 bunch of kale
1 cucumber
1 head of savory cabbage
1 head of cauliflower
10-12 oz. of mixed greens
1 bag of spinach
2 avocado
3 onions
4 carrots
1 32-ounce can whole peeled plum tomatoes
1 32-ounce can crushed or diced tomatoes

Fruits

15-16 ounces fresh cranberries
2 lemons
3 green apples

Meat, Seafood & eggs

1 dozen eggs
1 lb. of bacon
1 lb. ground pork
4 lbs. lamb roast
1 lb. ground beef