

## Autoimmune Conditions: Week 1

### Vegetables

- 1 summer squash
- 6 large carrots\* (2 carrots are for sauerkraut)
- 3 onions
- 3 large beets
- 2 bulb of fennel
- 2 butternut squash
- 10-12 oz. of spinach
- 15-18 oz. of mixed greens
- 1 bunch of asparagus
- 1 persimmon
- 2 large or 3 small heads of cauliflower
- 16-ounce jar of grape leaves
- 1 package of artichoke hearts
- 1 package of toasted nori (seaweed)
- 4 avocados
- 3 cucumbers
- 1 bunch of green onion
- 1 red onion
- 1 bunch of broccoli
- 1 large handful of string beans
- 1 head of swiss chard
- 1 large or 2 small sweet potato
- 1 head of romaine lettuce
- 1 package of sunchokes
- 4 parsnips
- 1 large head of green cabbage\*

### Fruits

- 4 orange (save zest of one orange)
- 8 lemons
- 1 lime

### Meat & Seafood

- 12 bone-in, skin-on chicken thighs
- 6 chicken legs
- 1 whole chicken
- 1 lb. skirt steak
- 12 ounces of wild smoked salmon
- 2 lbs. ground lamb
- 1 1/2 - 2 lbs. flank steak
- 3-4 6-ounce cans of wild salmon
- 1 lb. lamb stew meat
- 4 large turkey legs
- 1 lbs. large wild scallops
- 1 lb. of ground beef
- 1 lb. ground pork

\* This meal plan also calls for raw 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.*

## Autoimmune Conditions: Week 2

### Vegetables

- 4 avocados
- 2 onions
- 4 parsnips
- 10-12 oz. of mixed greens
- 15-18 oz. of spinach
- 1 package of artichokes
- 1 large beet
- 6 large carrots
- 5 cucumbers
- 1 head of butter lettuce
- 1 large head of red cabbage
- 2 bunches of broccoli
- 1 jicama
- 2 shallots
- 2 large sweet potatoes
- 2 packs of brussel sprouts
- 1 bunch of fennel fronds
- 1 lb. of asparagus
- 2-3 daikon radishes

### Fruits

- 1 package of blueberries
- 1 mango
- 2 apples
- 3 oranges
- 1 pomegranate (for the seeds)
- 6 limes
- 6 lemons
- 2 large plantains

### Meat & Seafood

- 2 lbs. ground turkey
- 4 bone-in, skinless chicken thighs
- 1 lb. of bacon
- 4 dozen large shrimp
- 2 pork tenderloins
- 4 chicken breasts
- 6 beef shanks
- 1 lb. ground pork
- 6 chicken legs
- 6-8 ounces of smoked salmon
- 1 lb. wild salmon
- 1 lb. wild tuna steaks

This week calls for 32 ounces beef Bone Broth, if you don't already have some made, pick up 2lbs of beef or other 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.*

## Autoimmune Conditions: Week 3

### Vegetables

- 4 avocados
- 10-12 oz. of spinach
- 3 zucchinis
- 10-12 oz. bags mixed greens
- 3 onions
- 1 can of diced tomatoes
- 1 large spaghetti squash
- 1 large handful of green beans
- 1 bunch of celery
- 1-2 large carrots
- 1 large head of cauliflower
- 2 large heads of romanesco
- 1 large sweet potato
- 1 acorn squash
- 1 head of red cabbage
- 1 package of toasted nori (seaweed)
- 1 cucumber
- 1 bunch of green onions

### Fruits

- 7 lemons
- 2 plantains
- 1 small bag of frozen or fresh cherries

### Meat & Seafood

- 3-4 6-ounce. cans of wild salmon
- 1 lb. of halibut
- 2 1/2 lb. ground beef
- 3 lb. ground pork
- 4 bone-in chicken thighs
- 2 lb. of bacon
- 4 duck legs
- 12 ounces of wild smoked salmon

This week calls for 16 ounces beef Bone Broth, if you don't already have some made, pick up 2lbs of beef or other 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.*

## Autoimmune Conditions: Week 4 + 2 days

### Vegetables

- 15-18 oz. of spinach
- 10-12 oz. of mixed greens
- 1 head of romaine lettuce
- 2 onions
- 6 avocados
- 1 package of toasted nori (seaweed)
- 2 cucumbers
- 1 bunch of green onions
- 1 large head of romaine lettuce
- 2 butternut squash
- 1 head of butter lettuce
- 5 shallots
- 1 acorn squash
- 3-4 large beets
- 1 bulb of fennel
- 1 dozen baby Portobello mushrooms
- 2 packages of artichoke hearts
- 1 large sweet potato
- 1 lb. of green beans
- 1 large bunch of broccoli
- 1 large head of cauliflower

### Fruits

- 4 lemons
- 2 plantains
- 3 oranges (save zest from 1 orange)
- 6 limes
- 1 pineapple (save ½ for salsa on day 23)

This week calls for 32 ounces beef Bone Broth, if you don't already have some made, pick up 2lbs of beef or other bones from the butcher (recipe on page 234).

### Meat & Seafood

- 1 lb. ground lamb
- 1 lb. of bacon
- 2 6-ounce.cans of tuna
- 2 lbs. bone-in, skin-on chicken
- 3-4 6-ounce.cans of wild salmon
- 12 ounces of wild smoked salmon
- 2 lbs. lamb chops
- 2 lbs. ground pork
- 1-1 1/2 lb. skirt steak
- 1-2 1 lb. bacon
- 2 lbs. ground beef
- 1 lb. large wild scallops
- 2 chicken breasts
- 2 lbs. beef marrow bones
- 12 bone-in, skin-on chicken thighs

### + 2 days

#### Vegetables

- 2-3 parsnips
- 1 bunch of kale
- 1 bag of mixed greens
- 1 bag of spinach
- 3 onions
- 4 carrots
- 1 large head of cauliflower
- 1 head Savoy cabbage
- 1 butternut squash

#### Meat, Seafood & eggs

- 1 lb. ground pork
- 1 lb. ground beef
- 1 lb. ground turkey
- 4 lbs. lamb roast

*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.*