

Blood Sugar Regulation: Week 1

Vegetables

- 1 zucchini
- 3 bunches of kale
- 8 large carrots* (2 carrots are for sauerkraut)
- 10-12 oz. of mixed greens
- 10-12 oz. of spinach
- 3 beets
- 3 onions
- 2 bell peppers
- 3 avocados
- 1 large tomato
- 2 bunches of asparagus
- 3 heads of cauliflower
- 1 package artichoke
- 1 package of toasted nori (seaweed)
- 3 cucumbers
- 1 bunch of green onions
- 1 red onion
- 1 bunch of broccoli
- 1 bag of string beans
- 1 can of pumpkin
- 1 head of romaine
- 1 pint of cherry tomatoes
- 1 large head of green cabbage*

Fruits

- 2 oranges (save zest from one)
- 3 limes
- 1 persimmon
- 6 lemons

Meat, Seafood & eggs

- 3 dozen eggs
- 2-3 6-ounce cans of wild salmon
- 4 turkey legs
- 2 lbs. bacon
- 12 bone-in, skin-on chicken thighs
- 1 1/2 - 2 lbs. flank steak
- 1 lb. ground lamb
- 1 lb. lemon sole
- 12 ounces wild smoked salmon (lox)
- 1 lb. skirt steak
- 1 lb. lamb stew meat
- 1 whole chicken

* 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.

Blood Sugar Regulation: Week 2

Vegetables

- 5-6 oz. of spinach
- 10-12 oz. of mixed greens
- 2 beets
- 1 package of artichoke hearts
- 5 large carrots
- 3 bell peppers (any color)
- 2 cucumbers
- 1 head butter lettuce
- 7 zucchini
- 2 bunches of broccoli
- 1 avocado
- 1 jicama
- 1 jalapeno pepper
- 1 shallot
- 4 parsnips
- 1 onion
- 1 head of red cabbage
- 1 15-ounce can of plain tomato sauce
- 2 packages of brussel sprouts
- 1 bulb of funnel
- 1 lb. asparagus
- 1 sweet potato

Fruits

- 1 package of berries of your choice
- 3 orange
- 3 lemons
- 3 lime
- 1 mango

Meat, Seafood & eggs

- 2 lbs. ground turkey
- 3 dozen large shrimp
- 4-5 dozen eggs
- 2 pork tenderloins
- 2 lbs. of bacon
- 2-3 lbs. of bone-in beef short ribs
- 6 chicken legs
- 1 lb. wild salmon

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Blood Sugar Regulation: Week 3

Vegetables

- 1-2 5-6 oz. bags of spinach
- 2 bunches of kale
- 4 5-6 oz. bags of mixed greens
- 2 zucchinis
- 5 avocado
- 4 bell peppers
- 5 onions
- 2 carrots
- 1 bunch of celery
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 1 lb. of asparagus
- 1-2 beets
- 1 pint of mushrooms
- 2 red onions
- 1 spaghetti squash
- 1 can of pumpkin
- 1 head of cauliflower
- 1 head of romaine lettuce
- 1 32 ounce can of diced tomatoes
- 1 butternut squash
- 1 head of red cabbage
- 1 package toasted nori (seaweed)
- 2 cucumbers
- 1 bunch of green onion
- 1 pint of cherry tomatoes
- 2 large heads of romanesco

Fruits

- 6 lemons
- 1 apple
- 1 blood orange
- 2 oranges

Meat, Seafood & eggs

- 4 dozen eggs
- 1-2 6-ounce cans of tuna
- 6 lb. of ground pork
- 1 1/2 lb. ground beef
- 3 lbs. bacon
- 4 bone-in, skinless chicken thighs
- 1 lb. lemon sole
- 1 lb. bison stew meat
- 12 ounces wild smoked salmon (lox)
- 1 lb. lamb stew meat

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.

Blood Sugar Regulation: Week 4 + 2 days

Vegetables

- 3 large zucchinis
- 1 package of artichoke hearts
- 2 large tomatoes
- 2 carrots
- 10-12 oz. of mixed greens
- 15-18 oz. of spinach
- 2-3 large sweet potatoes
- 2 butternut squash
- 1 acorn squash
- 2 onions
- 1 red onion
- 5 avocados
- 2 pints of cherry tomatoes
- 1 head of butter lettuce
- 1 head of romaine lettuce
- 3 bell peppers
- 1 bunch of green onions
- 3 shallots
- 1 jalapeno pepper
- 10-12 tomatillos
- 1 jalapeno pepper
- 1 bunch of asparagus
- 1 package of baby Portobello mushroom
- 2 heads of cauliflower
- 1 bunch of broccoli
- 3-4 inches of fresh saved horseradish

Fruits

- 3 oranges (save zest from one)
- 3 lemons
- 6 lime (save zest from one)
- 1 pineapple (save half for salsa on day 23)
- 1 persimmon

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 & eggs

- 3 dozen eggs
- 1-2 6-ounce cans of tuna
- 2 lbs. bone-in, skin-on chicken
- 1-1 1/2 lb. skirt steak
- 6 beef shanks
- 2 1/2 lbs. of bacon
- 1 lb. ground beef
- 2 lbs. ground pork
- 1 lb. ground bison
- 2 6-ounce cans of wild salmon
- 1 lb. large wild scallops
- 2-3 lbs. wild jumbo shrimp
- 2 lbs. beef marrow bone
- 1 lb. lamb stew meat

+ 2 days**Vegetables**

- 1 large bunch of kale
- 5-6 oz. of mixed greens
- 15-6 oz. of spinach
- 5 carrots
- 2 onions
- 1 cucumber
- 2 avocado
- 1 head Savoy cabbage
- 1 head of cauliflower
- 1 32-ounce can crushed or diced tomatoes
- 1 32-ounce can whole peeled plum tomatoes

Fruits

- 3 green apples
- 2 lemons
- 15-16 ounces fresh cranberries

Meat, Seafood & eggs

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

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