

Cancer Recovery: Week 1

Vegetables

- 1 zucchini
- 6 carrots
- 2 onions
- 2 bell peppers (grab a variety of colors)
- 2 large sweet potatoes
- 3 beets
- 2 bulbs of fennel
- 15-18 oz. of mixed greens
- 10-12 oz. of spinach
- 1 butternut squash
- 1 head of romaine lettuce
- 3 avocados
- 2 bunches of kale
- 2 bunches of asparagus
- 2 heads cauliflower
- 1 package nori (seaweed)
- 3 cucumbers
- 1 bunch of green onions
- 1 package of cherry tomatoes
- 1 large tomato
- 1 jar of grape leaves
- 1 package of artichoke hearts
- 8 sunchokes
- 4 parsnips
- 1 jalapeno pepper
- 1 jicama
- 1 shallot
- 2 large heads of romanesco

Fruits

- 9 lemons
- 3 oranges (save zest from one)
- 1 lime
- 1 persimmon
- 1 pint of blueberries

Meat, Seafood & eggs

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

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.

Cancer Recovery: Week 2

Vegetables

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

Fruits

4 oranges (save zest from one)
4 limes
4 lemons
1 pomegranate (save seeds)
1 mango
2 pints of berries of your choice

Meat, Seafood & eggs

2 lbs. ground turkey
3 dozen eggs
4-5 dozen large shrimp
2 pork tenderloins
2 6-ounce cans of wild salmon
6 chicken legs
1 lb. wild salmon
1 lb. boneless, skinless chicken thighs
1 lb. wild tuna steaks
1 lb. large wild scallops
2+ lbs. wild jumbo or colossal shrimp

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Cancer Recovery: Week 3

Vegetables

- 5 avocados
- 1 bunch of kale
- 3 large sweet potatoes
- 15-18 oz. of spinach
- 1 carrot
- 1 bunch celery
- 15-18 oz. of mixed greens
- 1 head of red cabbage
- 2 bell peppers
- 3 onions
- 2 beets
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 2 heads 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
- 3 bunches of broccoli
- 1 package of artichoke hearts
- 1 red onion
- 1 pint of mushrooms
- 2 shallots

Fruits

- 1 blood orange
- 8 lemons
- 3 oranges
- 1 pint of frozen or fresh cherries
- 4 green apples
- 2 pints of berries of your choice

Meat, Seafood & eggs

- 4 dozen eggs
- 3 lb. ground beef
- 2 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
- 12 bone-in, skin-on chicken thighs
- 2 lbs. bone-in, skin-on chicken

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.

Cancer Recovery: Week 4 + 2 days

Vegetables

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

Fruits

3 oranges (save zest from one)
4 limes
1 persimmon
3 lemons
2 large melons

This week calls for approx. 64 ounces beef Bone Broth, if you don't already have some prepared, pick up 3-4lbs of beef or other bones from the butcher. (Recipe on page 234)

Meat, Seafood & eggs

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

+ 2 days**Vegetables**

1 bunch of kale
1 cucumber
1 head of savory cabbage
1 head of cauliflower
10-12 oz. of mixed greens
2 avocado
3 onions
5 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. ground pork
4 lbs. lamb roast
1 lb. ground beef

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.