

## Fat Loss: Week 1

### Vegetables

- 1 zucchini
- 8 large carrots\* (2 carrots are for the sauerkraut)
- 3 onions
- 2 bell peppers
- 1 beet
- 1 bulb of fennel
- 15-18 oz. of mixed greens
- 15-18 oz. of spinach
- 1 package of brussel sprouts
- 1 head of romaine lettuce
- 2 avocados
- 2 bunches of kale
- 2 bunches of asparagus
- 2 heads cauliflower
- 2 shallots
- 1 lb. green beans
- 1 package nori (seaweed)
- 3 cucumbers
- 1 bunch of green onions
- 3-4 pearl 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

### Meat, Seafood & eggs

- 2 dozen eggs
- 2 lb. 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 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.*

## Fat Loss: Week 2

### Vegetables

5-6 oz. of spinach  
10-12 oz. of mixed greens  
7 carrots  
8 small yellow squash  
3 zucchinis  
3 cucumbers  
2 onions  
4 parsnips  
1 head of red cabbage  
3 bell peppers (get a mix of colors)  
1 package artichoke hearts  
1 beet  
1 package of artichoke hearts  
1 head of red cabbage  
1 head of butter lettuce  
2 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 of cherry tomatoes  
1 bunch of green onions

### Fruits

2 orange  
4 limes  
4 lemons  
1 pomegranate (save seeds)  
1 mango  
1 pint of berries of your choice

### Meat, Seafood & eggs

2 lbs. ground turkey  
4 dozen eggs  
3-4 dozen large shrimp  
2 pork tenderloins  
1 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

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## Fat Loss: Week 3

### Vegetables

- 5 avocados
- 2 bunches of kale
- 10-12 oz. of spinach
- 2 carrots
- 1 bunch celery
- 18-20 oz. of mixed greens
- 1 head of red cabbage
- 2 bell peppers
- 4 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 package of brussel sprouts
- 1 bunch of broccoli
- 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
- 2 lemons
- 1 orange (save zest)
- 1 pint of frozen or fresh cherries
- 1 green apple

### Meat, Seafood & eggs

- 3 dozen eggs
- 1 ½ lb. ground beef
- 4 lbs. ground pork
- 4 bone-in, skinless chicken thighs
- 3 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

*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.*

## Fat Loss: Week 4 + 2 days

**Vegetables**

3 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  
3-4 inches of fresh saved horseradish

**Fruits**

3 oranges  
5 limes  
1 persimmon  
3 lemons  
1 pineapple ( save half for salsa on day 23)

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**

3 dozen eggs  
2 6-ounce can of tuna  
3-4 6-ounce cans of wild salmon  
2 ½ 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  
1 ½ 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 bunch of kale  
1 cucumber  
1 head of savory cabbage  
1 head of cauliflower  
10-12 oz. bags of mixed greens  
5-6 oz. 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

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Additional **Practical Paleo** book resources can be found at [www.balancedbites.com/practicalpaleo](http://www.balancedbites.com/practicalpaleo)