

MS, FM, CFS: Week 1

Vegetables

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

Fruits

- 2 oranges (save zest from one)
- 1 persimmon
- 1 lime
- 5 lemons
- 1 orange

Meat, Seafood & eggs

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

MS, FM, CFS: Week 2

Vegetables

5-6 oz. of spinach
10-12 oz. of mixed green
1 beet
3 onions
1 package of artichokes
6 carrots
2 bell peppers
2 cucumbers
2 heads of red cabbage
2 heads of butter lettuce
1 large sweet potato
7 zucchini
1 bunch of broccoli
2 avocados
1 jalapeno pepper
1 jicama
1 shallot
4 parsnips
1 15-ounce can of plain tomato sauce
1 package of Brussels sprouts
1 bulb of fennel
1 lb. asparagus
1 pint of cherry tomatoes
1 bunch of green onions
2-3 daikon radishes

Fruits

1 package of berries
3 oranges
2 limes
5 lemons
1 green apple

Meat, Seafood & eggs

2 lbs. of ground turkey
4 dozen eggs
2 dozen large shrimp
1 lb. cooked, peeled, and deveined wild shrimp
2 pork tenderloins
1 lb. 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

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.

MS, FM, CFS: Week 3

Vegetables

- 10-12 oz. of spinach
- 15-18 oz. of mixed greens
- 1 head of romaine
- 3 avocados
- 2 bell peppers
- 4 onions
- 2 carrots
- 1 bunch of celery
- 1 large tomato or 1 16 oz. can of diced tomatoes
- 1 pint of cherry tomatoes
- 1 beet
- 1 pint of mushrooms
- 1 red onion
- 3 large sweet potatoes
- 1 spaghetti squash
- 1 12 oz. can of tomato paste
- 1 bunch of kale
- 1 head of cauliflower
- 2 large heads of romanesco
- 1 head of red cabbage
- 2 cucumbers

Fruits

- 3 lemons
- 1 blood orange
- 2 oranges
- 1 bag of frozen or fresh cherries
- 1 green apple

Meat, Seafood & eggs

- 3 dozen eggs
- 1 lb. ground beef
- 3 1/2 lb. ground pork
- 4 bone-in, skinless chicken thighs
- 3 lbs. of bacon
- 1/2 lb. ground veal or beef
- 1/2 lb. ground pork
- 1 lb. lemon sole
- 2 duck legs
- 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.

MS, FM, CFS: Week 4 + 2 days

Vegetables

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

Fruits

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

This week calls for approx. 62 ounces of Beef Bone Broth, if you don't have some already made grab a couple of beef bones from the butcher.
(Recipe on page 234)

Meat, Seafood & eggs

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

+ 2 days**Vegetables**

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

Fruits

3 green apples
15-16 ounces fresh cranberries
2 lemons

Meat, Seafood & eggs

1 dozen eggs
1 lb. of bacon
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.