

Appendix 4: Shopping List

<i>Food Groups</i>	<i>Shopping List for the First 2-4 weeks</i>	<i>Amount for One</i>
Animal Protein******	<input checked="" type="checkbox"/> Meat (beef, bison, venison, lamb, wild boar, pork) <input checked="" type="checkbox"/> Organ meat and offal (liver, tongue, kidneys) <input checked="" type="checkbox"/> Poultry (chicken, turkey, duck) <input checked="" type="checkbox"/> Fish (salmon, sardines, herring, mackerel, sole) <input checked="" type="checkbox"/> Seafood (scallops, oysters, crab, lobster, mussels)	Around 4-8 oz (120-240 g) per meal (and possibly some at snack time) = 5-10 lbs (2.5-5 kg) per week
Traditional Fats	<input checked="" type="checkbox"/> Extra-virgin coconut oil <input checked="" type="checkbox"/> Ghee <input checked="" type="checkbox"/> Butter (to make your own ghee) <input checked="" type="checkbox"/> Extra-virgin olive oil (or macadamia oil or avocado oil) <input checked="" type="checkbox"/> Duck fat, tallow, or lard	At least 1-3 tbsp (15-45 ml) per meal (and possibly some at snack time) = 1.5-4 cups (300 ml to 1 l) per week
Bones	<input checked="" type="checkbox"/> Ideally from grass-fed cows, pastured chickens, or wild-caught white fish to make homemade bone broth	1 large or 2 small chicken carcasses or about 1-2 lbs of bones per week
Vegetables (always cooked at the beginning)	<input checked="" type="checkbox"/> Carrot <input checked="" type="checkbox"/> Zucchini <input checked="" type="checkbox"/> Spinach <input checked="" type="checkbox"/> Green beans	Between ¼-¾ cup (60-175 ml) per meal (and possibly some at snack time) = 5-21 cups (1.2-5 l) per week
Seasonings (all optional with the exception of unrefined salt)	<input checked="" type="checkbox"/> Unrefined salt**** <input checked="" type="checkbox"/> Chives <input checked="" type="checkbox"/> Asafoetida powder <input checked="" type="checkbox"/> Cinnamon <input checked="" type="checkbox"/> Lemon juice <input checked="" type="checkbox"/> Lime juice <input checked="" type="checkbox"/> Apple cider vinegar <input checked="" type="checkbox"/> Fresh herbs <input checked="" type="checkbox"/> Green part of green onions <input checked="" type="checkbox"/> Garlic-infused oil <input checked="" type="checkbox"/> Herb-infused oil	Between ½-1 tsp. (2-5 ml) of unrefined salt a day = 3.5 to 7 tsp (18 to 35 ml) per week The other seasonings can be purchased as needed and as desired.
Beverages (optional)	<input checked="" type="checkbox"/> Sparkling water <input checked="" type="checkbox"/> Lemon or lime juice to add to water <input checked="" type="checkbox"/> Fresh herbs to add to water <input checked="" type="checkbox"/> Rooibos tea	As needed and as desired

*The ideal is organic produce and animal protein, ghee, and butter from healthy, happy, pastured animals; **Avoid shrimp, smoked fish, and aged/cured meats (bacon, sausage, ham) at the beginning; ***Avoid animal protein that is marinated, in a sauce, or breaded; ****Unless you have been medically advised to avoid salt.