

General Instructions: Menu plans are designed for variety but this may not be practical or convenient so feel free to make substitutions ie: any legume can work in any recipe, any fruit or vegetable or seasonings can substitute for another especially if you have another similar ingredient in the kitchen. Use the food list as a guide. Buy a bottle of apple cider vinegar, aged balsamic vinegar, virgin olive oil, coconut oil, maple syrup and raw honey as well as a package of sea salt (preferably Himalayan), black pepper or peppercorns and sucanat (whole sugarcane) as these will be used frequently every week. The same is true with herbs and spices so buy a small container of each, dried. Some herbs like parsley, ginger and cilantro are best fresh. Small amounts of items can be purchased at a bulk store to save money.

Vegetables	Fruit	Protein	Seasonings	Grains, Legumes & Lentils	
<input type="checkbox"/> 18 medium Carrots <input type="checkbox"/> 1/4 medium Zucchini <input type="checkbox"/> 11 medium Celery Stalks <input type="checkbox"/> 14 cups Spinach <input type="checkbox"/> 1 1/2 Avocados <input type="checkbox"/> 2 1/2 tbsp Maca Root Powder <input type="checkbox"/> 6 cups Broccoli <input type="checkbox"/> 3/4 cup Yellow or Red Bell Peppers <input type="checkbox"/> 6 medium Onions <input type="checkbox"/> 7 cloves Garlic <input type="checkbox"/> 7 cups Kale (6 cup if making veggie broth) <input type="checkbox"/> 10 cups Romaine Lettuce <input type="checkbox"/> 1 cup English Cucumber <input type="checkbox"/> 20 Cherry Tomatoes <input type="checkbox"/> 2 Green Onions <input type="checkbox"/> 3/4 cup Cauliflower <input type="checkbox"/> 3 Sweet Potatoes <input type="checkbox"/> 5 cups Green beans <input type="checkbox"/> 1 medium Yukon Gold Potatoes <input type="checkbox"/> 1/2 Cabbage (if making veggie broth) <input type="checkbox"/> 4 Medium Beets <input type="checkbox"/> 1/2 Spaghetti Squash <input type="checkbox"/> 2 Jerusalem Artichokes	<input type="checkbox"/> 2 cups Blueberries <input type="checkbox"/> 1 Orange <input type="checkbox"/> 7 Apples <input type="checkbox"/> 4 Grapefruit <input type="checkbox"/> 1 1/4 cup Strawberries <input type="checkbox"/> 1/2 cup Raspberries <input type="checkbox"/> 5 1/2 tsp Schizandra Berry Powder <input type="checkbox"/> 1 tbsp Lemon Juice <input type="checkbox"/> 3 tbsp Lime Juice <input type="checkbox"/> 20 Dates <input type="checkbox"/> 4 Kiwi <input type="checkbox"/> 2 cups Goji Berries	<input type="checkbox"/> 1.5 scoops Protein Powder of choice <input type="checkbox"/> 2 Eggs <input type="checkbox"/> 10 cups Chicken or Vegetable Broth <input type="checkbox"/> 1/2 Boneless Chicken Breast <input type="checkbox"/> 1 6 oz Salmon fillet <input type="checkbox"/> 4 lbs or 1.8kg Bones (if making bone broth) <input type="checkbox"/> 2 scoops Fermented Vegetarian Glutamine Powder (if making veggie broth)	<input type="checkbox"/> 1/2 tsp Turmeric <input type="checkbox"/> 1/2 tsp Cinnamon <input type="checkbox"/> 3 cups Fresh Parsley <input type="checkbox"/> Sea Salt <input type="checkbox"/> Black Pepper <input type="checkbox"/> 12 Black Peppercorns (if making broth) <input type="checkbox"/> 2 tsp Fresh Ginger <input type="checkbox"/> 1 tsp Cumin <input type="checkbox"/> 1 tsp Mustard Powder <input type="checkbox"/> 6 tbsp Cilantro <input type="checkbox"/> 6 tsp Dill <input type="checkbox"/> 3 1/2 tsp Basil <input type="checkbox"/> 4 1/2 tsp Oregano <input type="checkbox"/> 1 tsp Coriander <input type="checkbox"/> 3/4 tsp Cayenne <input type="checkbox"/> 2 tsp Turmeric <input type="checkbox"/> 4 Bay Leaves (if making broth)	<input type="checkbox"/> 2/3 cup Brown Lentils <input type="checkbox"/> 1/2 cup canned, cooked Chickpeas (garbanzo beans) <input type="checkbox"/> 1/2 cup dry Brown Rice <input type="checkbox"/> 2 slices Sourdough or Whole Grain or Sprouted or Gluten-Free Bread <input type="checkbox"/> 1/2 cup dry Steel Cut Oats <input type="checkbox"/> 1/2 cup Hummus of choice <input type="checkbox"/> Flaxseed crackers	
		Nuts and Seeds	Sweeteners	Fats and Oils	Dairy or Substitutes
		<input type="checkbox"/> 10 Almonds <input type="checkbox"/> 2 tbsp Hemp Seeds <input type="checkbox"/> 5 tsp Chia Seeds <input type="checkbox"/> 1 cup dried, sulfite-free, unsweetened Coconut <input type="checkbox"/> 2 cup Walnuts or 1 cup Hemp Seeds <input type="checkbox"/> 3 tbsp raw Sunflower Seeds	<input type="checkbox"/> 1 cup Raw Honey <input type="checkbox"/> 1 tbsp Maple Syrup (pure) <input type="checkbox"/> 1/2 cup Sucanat	<input type="checkbox"/> 1 1/2 cups Olive oil <input type="checkbox"/> 2 tbsp Coconut oil	<input type="checkbox"/> 12 tbsp Coconut Milk <input type="checkbox"/> 1 1/4 cup Milk of Choice <input type="checkbox"/> 11 tbsp raw milk, age Cheddar Cheese or Dairy-Free Alternative
			Fermented Foods	Miscellaneous	
		<input type="checkbox"/> 1 1/4 cup Sauerkraut <input type="checkbox"/> 1/4 cup Kimchi <input type="checkbox"/> 1/2 Cup Yogurt <input type="checkbox"/> 1/2 cup Kefir <input type="checkbox"/> 9 tsp Miso <input type="checkbox"/> 6 tbsp real Apple Cider Vinegar <input type="checkbox"/> 3 tbsp Aged Balsamic Vinegar	<input type="checkbox"/> 6 tsp Arame <input type="checkbox"/> 5 tbsp Raw Cacao <input type="checkbox"/> 1/2 100g Dark Chocolate, 70% cocoa solids or higher <input type="checkbox"/> 2 tbsp Agar Agar <input type="checkbox"/> 1 tsp Licorice Root <input type="checkbox"/> 1 tsp Dijon Mustard (or regular mustard)		