



## Fresh Ingredients

### Protein

- 1 lb Ground pork (85% or higher)
- 1 lb Ground beef (85% or higher)
- 1 lb Ground turkey (93% or higher)
- 4 Chicken breasts
- 1 (12-count) carton Eggs
- 2 (5 oz) cans Light tuna
- 12 oz Wild-caught salmon fillet

### Dairy & Refrigerated

- 1–1½ cups Whole milk sheep yogurt (or whole milk Greek yogurt if well tolerated)
- Pecorino Romano or Parmesan cheese
- Sheep milk feta cheese (block)
- Goat cheese (block)

### Fresh herbs

- 1 bunch Dill
- 1 bunch Parsley
- 1 bunch Basil

### Fruit

- 1 pint (2 cups) Fresh blueberries
- 1 pint (2 cups) Fresh strawberries
- 2 Oranges
- 4 Lemons

### Vegetables & Herbs

- 3 Bell peppers
- 2 Zucchini
- 4 Yellow onions
- 1 Red onion
- 1 bunch Scallions (spring onions)
- 2 bulbs Garlic
- 1 bulb Fresh ginger
- 1 small Cabbage
- 2 Heirloom tomatoes
- 1 pint (2 cups) Cherry tomatoes
- 3 English cucumbers
- 1 bag Carrots
- 1 lb Asparagus
- 1 large head Broccoli
- 1 bag Celery
- 1 (5 oz) container Prewashed mixed greens
- 1 Avocado

# Pantry (Spices, Condiments & Staples)

## Spices & seasonings

- Ground sage
- Onion powder
- Garlic powder
- Black pepper
- Dried thyme
- Dried oregano
- Pink Himalayan salt (or Celtic sea salt)

## Oils & condiments

- Extra virgin olive oil
- Coconut aminos
- Dijon mustard
- Maple syrup

## Canned & packaged

- 28 oz Tomato puree or tomato sauce with basil (no added sugar or oils)
- Unflavored gelatin

## Snacks & add-ins

- Nori (dried seaweed) crisps or sheets
- Unsalted raw almonds
- Unsalted raw walnuts
- Unsalted pepitas (pumpkin seeds)
- Chia seeds
- Plain, unsweetened rice cakes

## Beverages

- Green tea
- Seltzer / sparkling / mineral water
- Tart cherry juice

## Frozen

- 1 (16 oz) bag Frozen green beans
- 1 bag Wild blueberries