

VEGGIES

- Broccoli - 1 crown
- Carrots - 1 ¾ lbs
- Cauliflower, florets - 2 cups
- Cauliflower, riced - 1 lb
- Celery - 4 stalks
- Cilantro or parsley (optional) - ¼ bunch
- Coleslaw mix (shredded cabbage and carrots - undressed) - 1 lb bag
- Fresh herbs (for Frose mocktail garnish - optional)
- Garlic cloves - 4
- Kale, chopped OR Baby spinach - 3 cups
- Lettuce of choice - 8 whole leaves
- Onion - 1 small
- Red onion - 1 small
- Sweet potato - 2 large

FRUITS

- Avocado - 3 large
- Grapefruit, pink - 1 large (+ 1 small for Frose mocktail garnish - optional)
- Lemon - 2 ½ large
- Mango - 2 large
- Orange - ½ large
- Strawberries - ½ cup (+ ⅛ cup for Frose mocktail garnish - optional)

MEATS / SEAFOOD

- BPA-free tuna in water - 2 cans
- Ground beef - 1 lb
- Ground pork - 1 lb
- Large raw peeled, deveined shrimp - 1 lb
- Uncured, nightshade-free bacon - 14 slices

PANTRY

- Apple Cider vinegar
- Coconut aminos (optional)
- Coconut butter - 1 Tbsp
- Coconut cream - 2 ⅛ cup
- Coconut flour - ⅔ cup
- Coconut milk - 3 ⅓ cup
- Coconut oil
- Coconut water - 1 cup
- Collagen peptides - ⅓ cup
- Dandelion root tea or chicory tea - ¼ to ⅓ cup loose tea OR 2 tea bags
- Extra virgin olive oil
- Fish sauce, gluten-free (optional)

PANTRY (CONT)

- Gelatin - 3 Tbsp
- Hibiscus tea bag - 1
- Honey - 1 Tbsp
- Lard and/or Duck fat
- Maple syrup - ½ cup
- Maple syrup or honey - 3 Tbsp
- Nutritional yeast - ¼ cup
- Olive oil
- Plantain chips - 6 oz
- Pumpkin puree (optional) - 2 tsp
- Red wine vinegar
- Tapioca or Arrowroot starch/flour - ⅓ cup
- Tigernut Flour - 1 ⅓ cups
- Unsweetened shredded coconut - 1 ⅓ cup

SEASONINGS

- Dried basil
- Dried chives (optional)
- Dried cilantro
- Dried dill
- Garlic powder
- Ground cinnamon
- Ground cloves
- Ground ginger
- Ground mace (optional)
- Ground clove (optional)
- Ground sage (optional)
- Lemongrass powder
- Paleo AIP Powder
- Onion flakes
- Onion powder (optional)
- Sea salt
- Smoked sea salt
- Turmeric powder
- Vanilla bean powder (optional)

COLD AND FROZEN

- Frozen strawberries - 1 ½ cups
- Kombucha - 16 fl oz (Synergy Guava Goddess works best and is compliant)

OTHER

- Filtered water - 32 fl oz
- Ice - about 1 ½ cups