

Meats and Eggs

1 beef heart (if making Sweet Heart Jerky)
 2 pounds beef liver (if making Superfood Jerky)
 2 pounds top round (if making Teriyaki Jerky)
 1 pound ground beef
 1 pound 95% lean ground beef (if making Energy Bars)
 2 pounds skirt steak
 1¼ to 1½ pounds thick-cut bacon
 20 chicken wings (about 1¼ pounds), fresh or frozen
 1 (4-pound) chicken
 1 pound boneless chicken, beef, pork, or medium shrimp
 2 pounds chicken tenderloins or boneless, skinless chicken breasts
 6 hot dogs
 2 (10-ounce) cans whole baby clams
 3 dozen plus 3 large eggs (plus 2 more if making homemade mayo)
 1 pound ground pork
 4 (5-ounce) cans tuna
 1 (5-pound) bone-in pork shoulder (aka picnic roast or Boston butt)
 1 pound breakfast sausage
 4 ounces prosciutto (if making the Prosciutto, Arugula, and Roasted Pear Meatza)

Veggies, Fresh Herbs, and Aromatics

4 spears asparagus
 1 bell pepper (if making the Supreme Meatza)
 1 cup broccoli florets (about ½ pound broccoli)
 1 medium butternut squash
 4 pounds carrots
 12 rainbow carrots
 2 medium heads cauliflower
 1 bunch celery
 3 heads garlic
 1 small piece ginger root (optional, for Teriyaki Jerky)
 3 green onions (scallions)
 2 ounces mushrooms (if making the Supreme Meatza)
 5 to 6 yellow onions
 1 small bunch fresh parsley
 1 small red onion
 12 ounces mixed salad greens
 2 medium-sized sweet onions, such as Vidalia (plus 1 more if making homemade ketchup for Apple Butter BBQ Sauce)
 2 medium sweet potatoes, plus 3 more if making homemade Sweet Potato Chips
 1 pound baby spinach
 2 bunches fresh Thai basil leaves
 1 Thai bird chili pepper or 1 jalapeño pepper
 1 tomato (if making the Supreme Meatza)
 4 large zucchini or yellow squash

Fruits and Fruit Juice

5 apples (plus 3 more if making Apple Butter BBQ Sauce)
 8 ounces apple cider (plus 8 ounces more if making Apple Butter BBQ Sauce)
 2 green apples
 1 cup dried, soft cinnamon apple rings (if making Apple Pie Snack Balls)
 6 to 8 bananas
 1 cup unsweetened banana chips (if making Banana Bread Snack Balls)
 1 cup dried, soft, whole bananas (if making Banana Bread Snack Balls)
 1½ pints (3 cups) fresh blueberries
 1⅓ ounces (¼ cup) dried blueberries
 2 ounces (½ cup) dried cranberries (if making Energy Bars)
 6 ounces (1 cup) seedless, red grapes
 fresh berries of choice (optional topping for Chocolate Custard)
 fresh fruit of choice (for breakfast and snacking)
 frozen fruit (for smoothies of choice)
 3 to 4 lemons
 14 Medjool dates (about ½ pound) plus 6 more if making Salted Caramel Almond Butter
 1 pear (if making Prosciutto, Arugula, and Roasted Pear Meatza)
 6 ounces pineapple juice (if making Sweet Heart Jerky)
 5 ounces (¾ cup) raisins (if making Apple Pie Snack Balls)

Spices and Extracts

ground allspice
ground black pepper
cayenne pepper
chili powder
ground cinnamon
ground cloves
ground cumin
yellow curry powder (if making Sweet Heart Jerky)
fennel seeds
garlic powder
ginger powder
dry mustard
nutmeg
onion powder
dried oregano leaves
paprika
dried sage (if making Energy Bars)
dried thyme leaves
ground turmeric
1 vanilla bean (if making Vanilla Cashew Butter)
vanilla extract

Flours

blanched almond flour
arrowroot flour
coconut flour
tapioca flour

Milks

6 (13½-ounce) cans full-fat coconut milk (plus an additional can if making Whipped Coconut Cream topping for Chocolate Custard)
12 ounces (1½ cups) almond milk, unsweetened coconut milk or almond milk for breakfast cereal
5½ ounces (¾ cup) coconut milk OR almond milk

Nuts/Seeds

almond butter or sunflower seed butter, such as Sunbutter
16 ounces (3 cups) raw almonds (if making Salted Caramel Almond Butter)
4½ ounces (1½ cups) sliced almonds
6 ounces (1½ cups) raw cashews, plus an additional 4 ounces (1 cup) if making Coconut Cream Snack Balls, plus 8 ounces (2 cups) if making Vanilla Cashew Butter, plus 2 ounces (½ cup) if making Energy Bars
5½ ounces (1 cup) raw macadamia nuts (if making Chocolate Chip Cookie Snack Balls)
nut butters (cashew, tahini, sunflower, almond)
½ pound (1 cup) raw pecans
5 ounces (1 cup) raw sunflower seeds
12 ounces (2½ cups) raw walnuts (plus 7 ounces/1½ cups for Lemon Blueberry Bundt Cake, if using)

Fats/Oils

avocado oil (if making homemade mayo)
bacon fat (or lard or unsalted butter)
butter (unsalted, grass-fed), such as Kerrigold
coconut oil
lard
olive oil (or fat or choice)
untoasted sesame oil (if making Teriyaki Jerky)

Sweeteners

blackstrap molasses
honey
maple syrup (grade B)
granulated sugar (palm, date, or maple)

Other

8 ounces apple cider, white wine, or apple juice
1 cup crunchy cinnamon apple chips, such as Brothers-All-Natural (if making Apple Pie Snack Balls)
apple cider vinegar
baking soda
cacao powder
cream of tartar
1½ ounces (¼ cup) chocolate chips (if making Chocolate Chip Cookie Snack Balls)
7 to 9 ounces (2¼ to 3 cups) unsweetened coconut flakes (depending on which Snack Ball you make)
coconut aminos
coffee (enough to make 2½ brewed cups)
Dijon mustard
fish sauce (if making Sweet Heart Jerky)
grass-fed gelatin
kosher salt or sea salt
mayo (or make your own, page 000)
prepared yellow mustard
nutritional yeast
pickle relish
Thai red curry paste or Panang curry paste
2 (6-ounce) cans tomato paste (plus 2 more if making homemade ketchup for Apple Butter BBQ Sauce)
Tomato sauce (if making the Supreme Meatza)
2 ounces (¼ cup) white wine or apple juice
Worcestershire sauce