### Meats and Eggs

1. beef heart (if making Sweet Heart Jerky)
2. 2 pounds beef liver (if making Superfood Jerky)
3. 2 pounds top round (if making Teriyaki Jerky)
4. 1 pound ground beef
5. 1 pound 95% lean ground beef (if making Energy Bars)
6. 2 pounds skirt steak
7. 1¼ to 1½ pounds thick-cut bacon
8. 20 chicken wings (about 1¼ pounds), fresh or frozen
9. 1 (4-pound) chicken
10. 1 pound boneless chicken, beef, pork, or medium shrimp
11. 2 pounds chicken tenderloins or boneless, skinless chicken breasts
12. 6 hot dogs
13. 2 (10-ounce) cans whole baby clams
14. 3 dozen plus 3 large eggs (plus 2 more if making homemade mayo)
15. 1 pound ground pork
16. 4 (5-ounce) cans tuna
17. 1 (5-pound) bone-in pork shoulder (aka picnic roast or Boston butt)
18. 1 pound breakfast sausage
19. 4 ounces prosciutto (if making the Prosciutto, Arugula, and Roasted Pear Meatza)

### Veggies, Fresh Herbs, and Aromatics

1. 4 spears asparagus
2. 1 bell pepper (if making the Supreme Meatza)
3. 1 cup broccoli florets (about ½ pound broccoli)
4. 1 medium butternut squash
5. 4 pounds carrots
6. 12 rainbow carrots
7. 2 medium heads cauliflower
8. 1 bunch celery
9. 3 heads garlic
10. 1 small piece ginger root (optional, for Teriyaki Jerky)
11. 3 green onions (scallions)
12. 2 ounces mushrooms (if making the Supreme Meatza)
13. 5 to 6 yellow onions
14. 1 small bunch fresh parsley
15. 1 small red onion
16. 12 ounces mixed salad greens
17. 2 medium-sized sweet onions, such as Vidalia (plus 1 more if making homemade ketchup for Apple Butter BBQ Sauce)
18. 2 medium sweet potatoes, plus 3 more if making homemade Sweet Potato Chips
19. 1 pound baby spinach
20. 2 bunches fresh Thai basil leaves
21. 1 Thai bird chili pepper or 1 jalapeño pepper
22. 1 tomato (if making the Supreme Meatza)
23. 4 large zucchini or yellow squash

### Fruits and Fruit Juice

1. 5 apples (plus 3 more if making Apple Butter BBQ Sauce)
2. 8 ounces apple cider (plus 8 ounces more if making Apple Butter BBQ Sauce)
3. 2 green apples
4. 1 cup dried, soft cinnamon apple rings (if making Apple Pie Snack Balls)
5. 6 to 8 bananas
6. 1 cup unsweetened banana chips (if making Banana Bread Snack Balls)
7. 1 cup dried, soft, whole bananas (if making Banana Bread Snack Balls)
8. 1½ pints (3 cups) fresh blueberries
9. 1½ ounces (¼ cup) dried blueberries
10. 2 ounces (½ cup) dried cranberries (if making Energy Bars)
11. 6 ounces (1 cup) seedless, red grapes
12. fresh berries of choice (optional topping for Chocolate Custard)
13. fresh fruit of choice (for breakfast and snacking)
14. frozen fruit (for smoothies of choice)
15. 3 to 4 lemons
16. 14 Medjool dates (about ½ pound) plus 6 more if making Salted Caramel Almond Butter
17. 1 pear (if making Prosciutto, Arugula, and Roasted Pear Meatza)
18. 6 ounces pineapple juice (if making Sweet Heart Jerky)
19. 5 ounces (¼ 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

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)

Flours

- blanched almond flour
- arrowroot flour
- coconut flour
- tapioca flour

Nuts/Seeds

- 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 (2/3 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