Meats and Eggs
8 strips bacon (about ¾ pound if purchasing thick-cut bacon)
1 pound 95% lean red meat
2 pounds ground beef
1½ pounds sirloin
4 pounds beef short ribs
3 pounds chicken breast
6 chicken leg quarters
1 (4-pound) chicken
2 dozen plus 2 eggs (plus 2 more if making homemade mayo)
2 pounds ground pork
1 (5-ounce) can tuna, salmon, or shrimp

Veggies, Fresh Herbs, and Aromatics
4 spears asparagus
3 ounces (2 cups) baby spinach
2 medium butternut squash (each about 1½ pounds)
4 heads broccoli
2 large or 3 medium heads cauliflower
1 carrot
4 to 5 stalks celery
fresh chives (if using, for Eggs in a Nest)
2 heads garlic
1 small piece ginger root
2 bunches green onions (15 total)
1 small head iceberg lettuce
3 ounces mushrooms
1 small red onion
1 sweet onion, such as Vidalia
2 white onions
1 large onion
1 small bunch fresh parsley
2 yellow plantains
12 ounces mixed salad greens
1 small spaghetti squash (about 2 pounds)
1 small bunch fresh tarragon
1 large yuca

Fruits and Fruit Juice
1 to 2 pound red apples
9 apples
16 ounces apple cider
1 cup crunchy cinnamon apple chips, such as Brothers-All-Natural (if making Apple Pie Snack Balls)
1 cup dried, soft cinnamon apple rings (if making Apple Pie Snack Balls)
3 bananas
1 cup unsweetened banana chips (if making Banana Bread Snack Balls)
1 cup dried, soft, whole bananas (if making Banana Bread Snack Balls)
Fresh berries (if using, for Easy Peasy Pancakes)
Frozen fruit (for smoothies of choice, see page 000)
2⅔ ounces (½ cup) dried blueberries
2 ounces (½ cup) dried cranberries
10½ ounces (3 cups) fresh cranberries
fresh fruit of choice (breakfast and snacking)
frozen fruit (for smoothies of choice)
several sprigs fresh sage (12 to 15 leaves)
4 ounces (¾ cup) red seedless grapes
3 lemons
10 ounces Medjool dates (about 16 dates)
5 oranges
4 ounces (¾ cup) raisins (if making Apple Pie Snack Balls)
Spices and Extracts
- ground allspice
- ground black pepper
- ground cinnamon
- ground cloves
- ground cumin
- fennel seeds
- garlic powder
- ginger powder
- dry mustard
- onion powder
- dried oregano leaves
- paprika
- vanilla extract

Flours
- blanched almond flour
- coconut flour
- tapioca flour

Milk
- 3 (13½-ounce) cans full-fat coconut milk
- almond milk, unsweetened

Nuts/Seeds
- almond butter
- 10 ounces (2½ cups) raw cashews (plus an additional 4 ounces/1 cup if making Coconut Cream Snack Balls)
- 5¼ ounces (1 cup) raw macadamia nuts (if making Chocolate Chip Cookie Snack Balls)
- 6 ounces (2½ cups) raw walnuts
- sunflower seed butter, such as Sunbutter

Fats/Oils
- avocado oil
- bacon fat
- butter (unsalted, grass-fed), such as Kerrigold
- coconut oil
- lard
- olive oil
- palm shortening
- untoasted, cold-pressed sesame oil

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

Other
- apple cider vinegar
- baking soda
- cacao powder
- cream of tartar
- chili paste
- coconut aminos
- 16 ounces (5 cups) unsweetened coconut flakes, plus ¾ to 4 ounces (¼ to 1 cup) additional for Snack Balls
- 8 ounces (2 cups) unsweetened shredded coconut
- 6 ounces (1 cup) chocolate chips (plus 1½ ounces/¼ cup if making Chocolate Chip Cookie Snack Balls)
- Dijon mustard
- 8 ounces hard apple cider, white wine, or apple juice
- Grass-fed gelatin (optional, for smoothies)
- kosher salt or sea salt
- nutritional yeast
- rice wine or white wine
- rice wine vinegar
- 24 ounces (3 cups) stock, preferably homemade (ingredients for making homemade stock are not included in the shopping list, see page 000 for ingredients)
- 2 (6-ounce) cans tomato paste
- 16 ounces tomato sauce
- 2 (6-ounce) cans water chestnuts
- Worcestershire sauce