

Meats and Eggs

8 strips bacon (about $\frac{3}{4}$ 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)
 2¾ ounces ($\frac{1}{2}$ cup) dried blueberries
 2 ounces ($\frac{1}{2}$ 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 ($\frac{3}{4}$ cup) red seedless grapes
 3 lemons
 10 ounces Medjool dates (about 16 dates)
 5 oranges
 4 ounces ($\frac{3}{4}$ 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

Milks

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
cocoa 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