

Meats and Eggs

- 1 (4½-ounce) can anchovies in oil
- 1 tablespoon anchovy paste
- 13 strips bacon (about 1¼ pounds if using thick-cut bacon)
- 1 pound ground beef (if making Traditional Beef Breakfast Sausage for Breakfast Burritos) or 1 pound breakfast sausage of choice or chorizo sausage
- 16 ounces backfin crabmeat
- 2 beef tongues (about 3 pounds)
- 2 pounds fresh mussels
- 2 (2½-inch-thick) rib-eye steaks
- 3 pounds beef brisket
- 1 (5-pound) bone-in pork shoulder (aka picnic roast or Boston butt)
- 1 (3- to 4-pound) chuck roast
- 1 pound medium shrimp
- 4 (5-ounce) cans tuna
- 2 dozen large eggs

Veggies, Fresh Herbs, and Aromatics

- 4 spears asparagus
- 1 ounce (1 cup) baby arugula
- 4 butternut squash
- 1½ pounds broccoli (to make 3 cups broccoli florets)
- 4 heads cauliflower
- 12 rainbow carrots
- 6 to 7 carrots
- 2 stalks celery
- several sprigs fresh dill
- 1 head green cabbage
- 2 bunches fresh chives
- fresh cilantro (optional garnish for Beef Tongue Carnitas)
- 2 heads garlic
- 2 bunches kale
- 2 ounces mushrooms
- 7 to 8 yellow onions
- 1 medium sweet onion, such as Vidalia
- 1 large red onion
- 8 turnips (about 3 pounds)
- 4 ounces baby portabella mushrooms
- 1 jalapeño pepper
- 12 ounces mixed salad greens
- 1 small bunch fresh parsley
- 1 small red bell pepper
- 1 cup baby radicchio
- 1 head romaine lettuce (heart preferred)
- 1 small yellow bell pepper
- 1 cup baby spinach
- several sprigs fresh tarragon

Fruits and Fruit Juice

- 1 avocado
- Fresh fruit of choice for Gummy Snacks (enough to make 1 cup chopped)
- Fresh fruit of choice for snacking
- 2 ounces fresh or frozen strawberries or other berries
- 3 mandarin oranges
- 3 lemons
- 1 lime (optional topping for Beef Tongue Carnitas)

Spices and Extracts

ground black pepper
almond extract
bay leaves
dried basil leaves
chili powder
ground cinnamon
ground cloves
ground cumin
fennel seeds
garlic powder
ginger powder
dry mustard
nutmeg
dried oregano leaves
dried thyme leaves
paprika
dried parsley
Old Bay seasoning
onion powder
ground white pepper
vanilla extract

Flours

blanched almond flour
tapioca flour
coconut flour

Milks

4 (13½-ounce) cans full-fat
coconut milk (or about 6⅓ cups)

Nuts/Seeds

3 ounces (1 cup) sliced almonds
6 ¾ ounces (1⅔ cups) raw cashews

Fats/Oils

avocado oil (if making homemade
mayo)
bacon fat
coconut oil
olive oil
palm sugar
lard

Sweeteners

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

Other

apple cider vinegar
baking soda
balsamic vinegar (if making Berry
Balsamic Dressing for Winter
Salad)
11 cups beef stock, preferably
homemade (ingredients for
making homemade stock are not
included in the shopping list, see
page 000 for ingredients)
8 cups chicken stock, preferably
homemade (ingredients for
making homemade stock are not
included in the shopping list, see
page 000 for ingredients)
½ ounce (¼ cup) unsweetened
coconut chips
Dijon mustard
grass-fed gelatin
kosher salt or sea salt
nutritional yeast
pickle relish
4 ounces (¼ cup) red wine
24 ounces (3 cups) stock (choose
type appropriate for Stacy's Soup),
preferably homemade (ingredients
for making homemade stock are
not included in the shopping list,
see page 000 for ingredients)
Salsa or Enchilada Sauce from
Breakfast Burritos on page 000
(optional topping for Beef Tongue
Carnitas)
1 (28-ounce) can diced tomatoes
3 (6-ounce) cans tomato paste
white vinegar
2 ounces (¼ cup) white wine or
apple juice
2 ounces (¼ cup) white wine
Worcestershire sauce