

# SHOPPING LIST

*for Week 1*

## Meat & Fish

- Chicken fillet 5.6 oz / 160 g
- Chicken breast 29.35 oz / 830 g
- Chicken liver 17.6 oz / 500 g
- Bone-in pork steaks 14 oz / 400 g
- Ground pork 7 oz / 200 g
- Ground beef 7 oz / 200 g
- Beef sirloin 15.2 oz / 430 g
- Veal cutlets 7 oz / 200 g
- Pastrami 2.8 oz / 80 g
- Bacon strips 3.52 oz / 100 g
- Bacon slice 1 oz / 28 g
- Prosciutto 3.5 oz / 100 g
- Tuna steaks 10.6 oz / 300 g
- Salmon fillet 12 oz / 345 g
- Wild salmon fillet 8.8 oz / 250 g
- Raw large shrimp 19 oz / 535 g
- Medium shrimps 3.5 oz / 100 g
- Pollock fillets 12 oz / 340 g
- Cod fillets 30 oz / 840 g
- Squid 23 oz / 640 g

## Eggs & Dairy

- Large eggs 26 pcs
- Quail eggs 4 pcs
- Cheddar cheese 11.8 oz / 335 g
- Parmesan cheese 9.9 oz / 110 g
- Mozzarella cheese 3.3 oz / 94 g
- Soft goat cheese 1.8 oz / 50 g
- Feta cheese 1.4 oz / 40 g
- Soft cream cheese 4 oz / 115 g
- Plain Greek yogurt 3.7 oz / 105 g
- Greek yogurt, unsweetened 2.1 oz / 60 g
- Heavy cream 6.8 oz / 200 ml
- Unsalted butter 4.5 oz / 130 g
- Grass-fed butter 1 oz / 30 g

## Vegetables

- Cherry tomatoes 13.7 oz / 390 g
- Cucumber 5.6 oz / 160 g
- Red bell pepper 7.3 oz / 210 g
- Yellow bell pepper 5.2 oz / 150 g
- Jalapeño peppers 2.8 oz / 80 g
- Zucchini 23.1 oz / 650 g
- Cauliflower florets 19.6 oz / 555 g
- Onion 6.3 oz / 180 g
- Red onion 2.8 oz / 80 g
- White mushrooms 7.1 oz / 200 g
- Green beans 17.6 oz / 500 g
- Broccoli florets 3.5 oz / 100 g
- Asparagus spears 11.8 oz / 330 g
- Radishes 4.2 oz / 120 g
- Thai chili 1 pc
- Garlic cloves 1.2 oz / 35 g
- Microgreens 0.6 oz / 17 g
- Leaf lettuce 3.8 oz / 110 g

- Spinach leaves 11.2 oz / 320 g
- Swiss chard 1.7 oz / 50 g
- Arugula 4.8 oz / 135 g
- Mixed salad greens 12.6 oz / 360 g
- Field salad 0.7 oz / 20 g
- Tomato 4.2 oz / 120 g

## Fruits

- Avocado 35.8 oz / 1015 g
- Lemon wedges 3.5 oz / 100 g
- Lemon juice 6.3 oz / 180 g
- Lemon zest 0.3 oz / 8 g
- Lime juice 1 oz / 30 g
- Orange juice 0.5 oz / 15 g
- Orange zest 0.07 oz / 2 g

## Nuts, Seeds & Dry Items

- Almond flour 4.2 oz / 120 g
- Sesame seed mix 1.3 oz / 38 g
- Walnuts, chopped 1.1 oz / 30 g
- Pine nuts 0.7 oz / 20 g
- Cacao butter 2.1 oz / 60 g
- Unsweetened cocoa powder 0.6 oz / 16 g
- Baking powder 0.04 oz / 1 g
- Erythritol 0.2 oz / 6 g

## Spices & Flavorings

- Olive oil 21.8 oz / 620 ml
- Dry white wine 1.7 oz / 50 ml
- Coconut cream 2 oz / 60 ml
- Vanilla extract 0.4 oz / 12 ml
- Almond extract 0.04 oz / 1.25 ml
- Garlic powder 0.2 oz / 6 g
- Paprika 0.4 oz / 11 g
- Smoked paprika 0.5 oz / 14 g
- Ground paprika 0.3 oz / 9 g
- Dried oregano 0.04 oz / 1.0 g
- Dried thyme 0.09 oz / 2.5 g
- Ground nutmeg 0.02 oz / 0.5 g
- Pink peppercorns 0.1 oz / 3 g
- Matcha powder 0.07 oz / 2 g
- Dijon mustard 0.35 oz / 10 g
- Mustard 0.35 oz / 10 g

## Liquids

- Freshly brewed coffee 32.4 oz / 960 ml
- Unsweetened coconut milk 36.6 oz / 1080 ml
- Balsamic vinegar 0.6 oz / 18 g
- Balsamic glaze 0.35 oz / 10 g

## Fresh Herbs

- Fresh parsley 0.9 oz / 26 g
- Fresh dill 0.2 oz / 6 g
- Fresh basil leaves 0.8 oz / 22 g
- Fresh rosemary 0.1 oz / 4 g



# SHOPPING LIST

*for Week 2*

## Meat & Fish

- Chicken fillets, skinless 18.4 oz / 520 g
- Chicken liver 2.8 oz / 80 g
- Turkey breast fillet 21.2 oz / 600 g
- Pork loin 21.4 oz / 610 g
- Beef 10 oz / 285 g
- Beef steaks, boneless 12.6 oz / 360 g
- Beef sirloin 25.8 oz / 730 g
- Bacon strips 1.70 oz / 48 g
- Smoked salmon 10 oz / 300 g
- Sea scallops 16.5 oz / 470 g
- Tuna steaks 10.6 oz / 300 g
- Whitefish fillets 12 oz / 350 g
- Whole quails 18.3 oz / 520 g
- Whole dorado 21.16 oz / 600 g

## Eggs & Dairy

- Large eggs 24 pcs
- Quail eggs 4 pcs
- Cheddar cheese 6.2 oz / 175 g
- Mozzarella cheese 2.1 oz / 60 g
- Ricotta cheese 7 oz / 200 g
- Parmesan cheese 3.2 oz / 90 g
- Camembert cheese 2.65 oz / 75 g
- Cream cheese 1.5 oz / 40 g
- Heavy cream 11.3 oz / 320 g
- Unsalted butter 8.3 oz / 240 g
- Grass-fed butter 2 oz / 60 g

## Vegetables

- Zucchini 20.1 oz / 570 g
- Cucumber 8.8 oz / 250 g
- Red bell pepper 3 oz / 80 g
- White onion 5.6 oz / 160 g
- Red onion 1.06 oz / 30 g
- Garlic cloves 1.2 oz / 35 g
- Cherry tomatoes 6.33 oz / 180 g
- Green onion 0.2 oz / 6 g
- Green onion tops 0.7 oz / 20 g
- Broccoli florets 5 oz / 140 g
- Cauliflower florets 28.2 oz / 800 g
- Asparagus 3.5 oz / 100 g
- Lettuce leaves 1.76 oz / 50 g
- Iceberg lettuce leaves 4.2 oz / 120 g
- Spinach leaves 6.4 oz / 180 g
- Arugula leaves 1 oz / 30 g
- Mixed leafy greens 2.5 oz / 70 g
- Purple basil leaves 0.35 oz / 10 g
- Basil leaves, fresh 0.14 oz / 4 g

## Fruits

- Avocados 29.8 oz / 845 g

- Apricots 2.8 oz / 80 g
- Lemon juice 3.5 oz / 100 g
- Lemon zest 0.3 oz / 8 g
- Lime juice 1 oz / 30 g
- Lemon wedges 3.1 oz / 90 g
- Blueberries 1.1 oz / 30 g

## Nuts, Seeds & Dry Items

- Almond flour 10.6 oz / 300 g
- Almond paste 1.1 oz / 30 g
- Almond flakes 0.35 oz / 10 g
- Marzipan 1.1 oz / 30 g
- Walnuts 0.9 oz / 27 g
- Sesame seed mix 0.07 oz / 2 g
- White sesame seeds 0.28 oz / 8 g
- Erythritol 0.35 oz / 10 g

## Spices & Flavorings

- Olive oil 13.7 oz / 390 g
- Coconut cream 3 oz / 90 ml
- Vanilla extract 0.5 oz / 15 ml
- Vanilla powder 0.02 oz / 0.5 g
- Garlic powder 0.2 oz / 6 g
- Onion powder 0.02 oz / 0.5 g
- Smoked paprika 0.1 oz / 3 g
- Ground paprika 0.2 oz / 5 g
- Ground cumin 0.02 oz / 0.5 g
- Ground turmeric 0.02 oz / 0.5 g
- Ground coriander 0.02 oz / 0.5 g
- Ground ginger 0.04 oz / 1 g
- Ground nutmeg 0.02 oz / 0.5 g
- Ground white pepper 0.02 oz / 0.5 g
- Ground pink pepper 0.02 oz / 0.5 g
- Dried thyme 0.06 oz / 1.6 g
- Dried oregano 0.02 oz / 0.5 g
- Dried rosemary 0.01 oz / 0.3 g
- Stevia powder 0.04 oz / 1 g

## Liquids

- Unsweetened coconut milk 43.2 oz / 1280 ml
- White wine 0.3 oz / 10 ml
- Soy sauce 0.7 oz / 20 ml
- Freshly brewed coffee 32 oz / 960 ml

## Fresh Herbs

- Rosemary sprigs 0.08 oz / 2 g
- Thyme sprigs 0.07 oz / 2 g
- Fresh dill 0.07 oz / 2 g
- Fresh parsley 0.25 oz / 7 g
- Fresh mint leaves 0.04 oz / 1 g
- Fresh microgreens 0.5 oz / 15 g



# SHOPPING LIST

*for Week 3*

## Meat & Fish

- Beef sirloin 17.9 oz / 506 g
- Beef steaks 32 oz / 900 g
- Veal 15 oz / 430 g
- Chicken breast 30.0 oz / 875 g
- Chicken drumsticks 12 oz / 340 g
- Chicken liver 14.1 oz / 400 g
- Ground chicken 8.8 oz / 250 g
- Pastrami slices 2.8 oz / 80 g
- Bacon strips 3.5 oz / 98 g
- Shrimp 3 oz / 85 g
- Medium shrimps 3.5 oz / 100 g
- Salmon fillet 5 oz / 145 g
- Wild salmon fillet (½) 8.8 oz / 250 g
- Squid 23 oz / 640 g

## Eggs & Dairy

- Large eggs 40 pcs
- Quail eggs 8 pcs
- Cheddar cheese 6.1 oz / 175 g
- Parmesan cheese 3.8 oz / 110 g
- Mozzarella cheese 0.5 oz / 14 g
- Soft goat cheese 1.8 oz / 50 g
- Cream cheese 8.5 oz / 240 g
- Camembert cheese 2.65 oz / 75 g
- Plain Greek yogurt 2.1 oz / 60 g
- Heavy cream (30–36%) 11.3 oz / 320 g
- Whole milk 2.2 oz / 62 g
- Unsalted butter 12.6 oz / 360 g
- Grass-fed butter 2 oz / 60 g

## Vegetables

- Cucumbers 15.9 oz / 450 g
- Cherry tomatoes 8.6 oz / 245 g
- Zucchini 23.1 oz / 655 g
- Bell peppers 6 oz / 170 g
- Cauliflower florets 28.2 oz / 800 g
- Asparagus spears 11.8 oz / 330 g
- Mushrooms 9.6 oz / 270 g
- Onion 7.2 oz / 205 g
- Red onion 0.7 oz / 20 g
- Garlic cloves 1.1 oz / 31 g
- Green onions + tops 2.2 oz / 62 g
- Leaf lettuce 2.8 oz / 80 g
- Iceberg lettuce leaves 4.2 oz / 120 g
- Swiss chard 0.7 oz / 20 g
- Arugula leaves 2 oz / 60 g
- Mixed salad leaves 7.7 oz / 210 g
- Purple basil leaves 0.35 oz / 10 g
- Radishes 2.8 oz / 80 g

## Fruits

- Avocados 20.6 oz / 585 g

- Lemon juice 2.8 oz / 80 g
- Lemon zest 0.2 oz / 6 g
- Lemon wedges 2.6 oz / 75 g
- Lime juice 1 oz / 30 g
- Orange juice 1 oz / 30 g
- Raspberries 3.2 oz / 90 g
- Apricots 5.6 oz / 160 g

## Nuts, Seeds & Dry Items

- Almond flour 13.3 oz / 376 g
- All-purpose flour 4.2 oz / 120 g
- Almond paste 1.1 oz / 30 g
- Almond flakes 0.35 oz / 10 g
- Marzipan 1.1 oz / 30 g
- Walnut 1.8 oz / 50 g
- Sesame seeds 3.85 oz / 110 g
- Sugar 1.8 oz / 50 g
- Erythritol 5.2 oz / 148 g

## Spices & Flavorings

- Olive oil 14.9 oz / 422 ml
- Coconut cream 2 oz / 60 ml
- Vanilla extract 0.6 oz / 17.5 ml
- Vanilla powder 0.02 oz / 0.5 g
- Baking powder 0.2 oz / 6 g
- Garlic powder 0.2 oz / 6 g
- Ground ginger 0.02 oz / 0.5 g
- Ground coriander 0.02 oz / 0.5 g
- Ground paprika 0.2 oz / 5 g
- Smoked paprika 0.3 oz / 8 g
- Ground thyme 0.1 oz / 3 g
- Dried thyme 0.02 oz / 0.5 g
- Dried oregano 0.02 oz / 0.5 g
- Ground nutmeg 0.02 oz / 0.5 g
- Ground white pepper 0.02 oz / 0.5 g

## Liquids

- Unsweetened coconut milk 43.2 oz / 1280 ml
- Unsweetened almond milk 1 oz / 30 ml
- Whole milk 2.2 oz / 62 g
- Dry white wine 1 oz / 30 ml
- Soy sauce 0.5 oz / 15 ml
- Pesto sauce 0.7 oz / 20 g
- Balsamic vinegar 0.6 oz / 18 g
- Freshly brewed coffee 32 oz / 960 ml

## Fresh Herbs

- Fresh basil leaves 0.6 oz / 17 g
- Fresh parsley 0.3 oz / 8 g
- Fresh dill 0.07 oz / 2 g
- Fresh mint leaves – for serving
- Microgreens 0.5 oz / 15 g



## SHOPPING LIST

for Week 4

## Meat & Fish

- Beef steaks (boneless) 12.6 oz / 360 g
- Beef tenderloin 10.6 oz / 300 g
- Beef 10 oz / 285 g
- Ground beef (85% lean) 7 oz / 200 g
- Ground pork 7 oz / 200 g
- Ground chicken 16.1 oz / 460 g
- Chicken breast 39.9 oz / 1130 g
- Bacon slice 5.57 oz / 157 g
- Tuna steaks (skinless) 10.6 oz / 300 g
- Salmon fillet steaks 7 oz / 200 g
- Smoked salmon 6 oz / 180 g
- Squid 23 oz / 640 g
- Large shrimp 16 oz / 450 g

## Eggs & Dairy

- Large eggs 30 pcs
- Quail eggs 4 pcs
- Cheddar cheese 7.3 oz / 209 g
- Parmesan cheese 3.8 oz / 110 g
- Mozzarella cheese 2.6 oz / 74 g
- Ricotta cheese 7 oz / 200 g
- Cream cheese 8.5 oz / 240 g
- Camembert cheese 2.65 oz / 75 g
- Soft goat cheese 1.8 oz / 50 g
- Heavy cream (30–36%) 11.3 oz / 320 g
- Whole milk 2.2 oz / 62 g
- Unsalted butter 12.6 oz / 360 g
- Grass-fed butter 2 oz / 60 g

## Vegetables

- Zucchini 29.1 oz / 825 g
- Cauliflower florets 28.2 oz / 800 g
- Broccoli florets 3.2 oz / 90 g
- Cherry tomatoes 12.3 oz / 350 g
- Bell peppers 7 oz / 200 g
- Red bell pepper 1 oz / 30 g
- Jalapeño peppers 2.8 oz / 80 g
- Cucumber 8.1 oz / 230 g
- White mushrooms 9.2 oz / 260 g
- Asparagus spears 11.8 oz / 330 g
- Onion 5.3 oz / 150 g
- Garlic cloves 1.1 oz / 31 g
- Green onion 2.2 oz / 62 g
- Iceberg lettuce leaves 4.2 oz / 120 g
- Lettuce leaves 1 oz / 30 g
- Mixed salad greens 5.1 oz / 144 g
- Swiss chard 0.7 oz / 20 g
- Microgreens 0.7 oz / 20 g
- Tomato 2.5 oz / 70 g

## Fruits

- Avocados 19 oz / 535 g

- Lemon juice 3.5 oz / 100 g
- Lemon zest 0.3 oz / 9 g
- Lemon wedges 2.6 oz / 75 g
- Lime juice 1 oz / 30 g
- Blueberries 1.1 oz / 30 g
- Orange juice 1 oz / 30 g
- Apricots 5.6 oz / 160 g

## Nuts, Seeds & Dry Items

- Almond flour 13.3 oz / 376 g
- All-purpose flour 4.2 oz / 120 g
- Almond paste 1.1 oz / 30 g
- Almond flakes 0.35 oz / 10 g
- Marzipan 1.1 oz / 30 g
- Walnut 1.8 oz / 50 g
- Sesame seeds 3.15 oz / 90 g
- Sugar 1.8 oz / 50 g
- Erythritol 5.2 oz / 148 g

## Spices & Flavorings

- Olive oil 14.9 oz / 422 ml
- Coconut cream 2 oz / 60 ml
- Vanilla extract 0.6 oz / 17.5 ml
- Vanilla powder 0.02 oz / 0.5 g
- Baking powder 0.2 oz / 6 g
- Garlic powder 0.2 oz / 6 g
- Grated ginger 0.07 oz / 2 g
- Ground paprika 0.3 oz / 8 g
- Smoked paprika 0.3 oz / 8 g
- Ground cinnamon 0.04 oz / 1.2 g
- Ground turmeric 0.02 oz / 0.5 g
- Dried thyme 0.06 oz / 1.7 g
- Dried oregano 0.02 oz / 0.5 g
- Ground white pepper 0.02 oz / 0.6 g
- Crushed pink peppercorns 0.02 oz / 0.5 g
- Dried rosemary 0.01 oz / 0.3 g
- Rosemary sprigs 0.14 oz / 4 g

## Liquids

- Unsweetened coconut milk 43.2 oz / 1280 ml
- Unsweetened almond milk 1 oz / 30 ml
- Whole milk 2.2 oz / 62 g
- Dry white wine 1 oz / 30 ml
- Freshly brewed coffee 32 oz / 960 ml
- Balsamic glaze 0.7 oz / 20 g

## Fresh Herbs

- Arugula leaves 2 oz / 60 g
- Purple basil leaves 0.35 oz / 10 g
- Fresh basil leaves 0.28 oz / 8 g
- Fresh parsley 0.3 oz / 8 g
- Fresh dill 0.21 oz / 6 g

