

SHOPPING LIST

for Week 1

Eggs

- 25 large eggs
- 8 egg whites
- 8 quail eggs

Dairy

- 3¾ cup cottage cheese 0% (550 g)
- 1 cup cottage cheese 5% (240 g)
- 1½ cup Greek yogurt 5% (330 g)
- ¾ cup low-fat Greek yogurt (170 g)
- ¼ cup Parmesan cheese (25 g)
- ½ cup cheddar cheese (50 g)
- ¼ cup shredded cheese (28 g)
- 2 tablespoons light cream cheese (30 g)
- 2 tablespoons yogurt (30 g)
- ¼ cup mozzarella cheese (30 g)

Meat and Poultry

- 7 oz ground pork (200 g)
- 10 oz lean ground turkey (280 g)
- 12 oz ground chicken (340 g)
- 10 oz chicken fillet (280 g)
- 8 oz chicken breast (220 g)
- 12 oz chicken breast (340 g)
- 10 oz lean beef (280 g)
- 2 pork loin chops on the bone (450 g)
- 9 oz pork loin (250 g)
- 2 whole quails (450 g)

Fish and Seafood

- 12 oz Ahi tuna (340 g)
- 8 oz salmon fillet (220 g)
- 6 oz smoked salmon (170 g)
- 4 oz salted salmon (115 g)
- 13 oz sea bass fillet (370 g)
- 1 whole flounder (350 g)
- 15 oz whole shrimp (420 g)

Vegetables

- 4¼ cups salad mix (315 g)
- 10½ cups cherry tomatoes (1 200 g)
- 1¼ cup white onion (220 g)
- 1 small onion (70 g)
- 1 small red bell pepper (80 g)
- 2 medium zucchini (240 g)
- 6 radishes (60 g)
- 1 small carrot (40 g)
- 1 medium carrot (120 g)
- 3 cups mushrooms (660 g)
- 3 cups green beans (300 g)

- ½ cup spinach (30 g)
- 7 baby potatoes (100 g)
- 1 cup cucumber (270 g)
- ½ small cucumber (50 g)

Fruit

- ½ avocado (70 g)
- ⅓ medium avocado (50 g)
- 1 small pear (150 g)
- ½ cup fresh strawberries (75 g)
- ¾ cup strawberries (110 g)
- ¼ cup fresh blueberries (40 g)
- 1 small tomato (70 g)

Nuts, Seeds and Grains

- ⅓ cup almond flour (37 g)
- 4 tablespoons almond flour (28 g)
- 1 tablespoon chia seeds (10 g)
- 1½ tablespoon black sesame seeds (15 g)
- 1 tablespoon sesame seeds (10 g)

Pantry and Seasonings

- ½ teaspoon vanilla extract (2.5 ml)
- ¼ teaspoon cinnamon (0.6 g)
- ¼ teaspoon cumin (1 g)
- ½ teaspoon salt (6 g)
- ¼ teaspoon black pepper (1 g)
- ½ teaspoon paprika (1.8 g)
- ½ teaspoon garlic powder (2.4 g)
- ¼ teaspoon chili flakes (0.5 g)
- 1 teaspoon olive oil (7.5 ml)
- 1 tablespoon olive oil (30 ml)
- 1 teaspoon butter (15 ml)
- 2 tablespoons butter (30 ml)

Liquids

- 2 cups beef broth (480 ml)
- 4 cups chicken broth (880 ml)
- 1 cup chicken broth (220 ml)
- 2 cups water (480 ml)
- 1 cup unsweetened almond milk (240 ml)
- ½ cup unsweetened almond milk (120 ml)
- 2 teaspoons lemon juice (30 ml)
- 2 tablespoons lime juice (30 ml)



SHOPPING LIST

for Week 2

Eggs

- 24 large eggs
- 9 egg whites
- 8 quail eggs

Dairy

- 1½ cups Nonfat Greek yogurt (360 g)
- 1½ cups Greek yogurt 5% (330 g)
- 3½ cups cottage cheese 0% (730 g)
- 1 cup cottage cheese 5% (240 g)
- ½ cup cottage cheese (110 g)
- ½ cup cream cheese (97 g)
- 1½ cups soft cheese (225 g)
- ⅓ cup feta cheese (28 g)
- ¼ cup mozzarella cheese (30 g)
- ¾ cup cheddar cheese (75 g)
- 2 tablespoons Parmesan cheese (10 g)
- 8 tablespoons Butter (120 ml)

Meat and Poultry

- 22 oz chicken breast (620 g)
- 24 oz chicken fillet (680 g)
- 12 oz turkey fillet (340 g)
- 18 oz lean ground turkey (505 g)
- 14 oz beef liver (400 g)
- 12 oz beef steak (340 g)
- 14 oz beef strips (400 g)
- 10 oz raw beef (280 g)
- 7 oz ground pork (200 g)

Fish and Seafood

- 13 oz salmon (370 g)
- 10 oz smoked salmon (290 g)
- 14 oz cod fillet (400 g)
- 1 whole trout (350–400 g)
- 1 whole dorade (350–400 g)
- 14 oz sturgeon steaks (400 g)
- 14 oz walleye fillet (400 g)

Vegetables

- 11 cups spinach (430 g)
- 3 cups arugula (90 g)
- 2½ cups lettuce leaves (125 g)
- ½ cup watercress (20 g)
- ½ cup pea shoots (30 g)
- 3½ cups green beans (350 g)
- 2 cups snow peas (240 g)
- 5 cups asparagus (520 g)
- 3½ cups broccoli florets (405 g)

- 3 cups cauliflower (320 g)
- 2 medium zucchini (270 g)
- 2 cups pumpkin (270 g)
- 4½ cups mushrooms (720 g)
- 7½ cups cherry tomatoes (975 g)
- 6 medium tomatoes (995 g)
- 2 cups red onion (200 g)
- 3 cups white onion (330 g)
- ½ cup leeks (50 g)
- 1 cup green onion (130 g)
- 2 medium carrots (200 g)
- 3 radishes (30 g)
- 1 yellow bell pepper (80 g)
- 1 red bell pepper (80 g)
- 1 green bell pepper (80 g)
- 2 medium cucumbers (290 g)
- 2 small chili peppers (20 g)
- 6 cloves garlic (18 g)
- 2 medium potatoes (200 g)

Fruit

- ¼ cup blueberries (40 g)
- ½ cup raspberries (60 g)
- 1 medium mandarin (80 g)
- ½ avocado (70 g)
- 8 medium lemons (480 g)

Nuts, Seeds and Grains

- 2½ cups almond flour (230 g)
- 4 tablespoons rolled oats (31 g)
- 1 tablespoon granola (10 g)
- 1 tablespoon sesame seeds (15 g)

Pantry and Seasonings

- ½ teaspoon paprika (6 g)
- ¼ teaspoon cinnamon (0.6 g)
- ¼ teaspoon turmeric (0.6 g)
- ¼ teaspoon dried rosemary (0.4 g)
- 3 tablespoons olive oil (45 ml)
- 3 tablespoons butter (45 ml)
- 2 tablespoons lemon juice (30 ml)
- 1 teaspoon mustard (5 ml)
- 4 garlic cloves (12 g)
- 2 rosemary sprigs (3 g)
- 2 basil leaves (1 g)
- 3 tablespoons parsley (60 g)

Liquids

- 4 cups water (1080 ml)
- ½ cup unsweetened almond milk (120 ml)



SHOPPING LIST

for Week 3

Eggs

- 29 large eggs
- 12 egg whites
- 8 quail eggs

Dairy

- 4 cups cottage cheese 0% (950 g)
- 2¾ cups cottage cheese 5% (640 g)
- 2 cups Greek yogurt 5% (480 g)
- 1 cup Nonfat Greek yogurt (240 g)
- ½ cup soft cheese (135 g)
- ¼ cup mozzarella cheese (30 g)
- ¾ cup cheddar (75 g)
- 1 tablespoon Parmesan cheese (7 g)
- ¼ cup butter (62.5 ml)

Meat and Poultry

- 24 oz ground chicken (740 g)
- 14 oz chicken fillet (1765 g)
- 24 oz chicken drumsticks (680 g)
- 20 oz ground turkey (560 g)
- 24 oz lean ground pork (680 g)
- 7 oz ground pork (200 g)
- 24 oz lean ground beef (740 g)
- 24 oz beef steak (700 g)
- 10 oz rack of lamb (280 g)

Fish and Seafood

- 8 oz salmon fillet (220 g)
- 13 oz smoked salmon (370 g)
- 14 oz pollock fillets (400 g)
- 12 oz white fish fillets (340 g)
- 14 oz cod fillet (400 g)
- 1 whole trout (350–400 g)
- 1 whole dorade (350–400 g)
- 16 oz mussels (450 g)

Vegetables

- 16 oz potatoes (350 g)
- 4¼ cups cherry tomatoes (1245 g)
- 1½ cups tomato (415 g)
- 7 oz red bell pepper (200 g)
- 4 oz yellow bell pepper (120 g)
- 1¾ cups carrots (390 g)
- 2 cups zucchini (240 g)
- 2 cups pumpkin cubes (270 g)
- 3 cups broccoli florets (300 g)
- 2¾ cups cauliflower (320 g)
- 20 oz green beans (550 g)
- 4¾ cups mushrooms (540 g)
- 16 cups salad mix (500 g)
- 1 cup arugula (60 g)

- 6 cups spinach (340 g)
- 2 tablespoons pea shoots (10 g)
- ½ cup peas (80 g)
- ½ cup watercress (20 g)
- 2 cups cucumber (240 g)
- ½ cup radishes (120 g)
- ½ cup leeks (50 g)
- 3¼ cups onion (784 g)
- 6 tablespoons green onion (88 g)
- 4 garlic cloves (12 g)
- ½ cup parsley (112 g)
- 6 g dill
- 6 oregano leaves
- 2 basil leaves
- 1 g sage leaves
- 5 mint leaves
- 2 rosemary sprigs

Fruit

- ½ avocado (130 g)
- ¾ cup mango (110 g)
- ½ cup fresh strawberries (75 g)
- ½ cup fresh blueberries (80 g)
- ½ cup fresh raspberries (60 g)
- 1 medium mandarin (80 g)
- 2 lemon slices
- 7 tablespoons lemon juice (85 ml)

Nuts, Seeds and Grains

- 1¼ cup almond flour (155 g)
- ½ cup rolled oats (60 g)

Pantry and Seasonings

- 1½ teaspoons paprika (8.4 g)
- 1½ teaspoons garlic powder (7.2 g)
- ¼ teaspoon cinnamon (0.6 g)
- ½ teaspoon cumin (1 g)
- 1 teaspoon vanilla extract (4.5 ml)
- 2 teaspoons Dijon mustard (10 ml)
- ½ cup olive oil (116 ml)
- 1 teaspoon mustard (5 ml)
- 3 tablespoons sweetener (35 g)
- 2 tablespoons cocoa powder (12 g)
- 1 oz dark chocolate (30 g)
- 2 tablespoons capers (30 g)
- 1 tablespoon honey (15 ml)
- 1 teaspoon gelatin powder (7 g)



SHOPPING LIST

for Week 4

Eggs

- 36 large eggs
- 6 egg whites
- 8 quail eggs

Dairy

- 2¾ cup Nonfat Greek yogurt (660 g)
- 2¼ cup cottage cheese 0% (730 g)
- ¾ cup soft cheese (165 g)
- ¼ cup Parmesan cheese (25 g)
- ½ cup cheddar cheese (75 g)
- ¼ cup feta cheese (28 g)
- 1 tablespoon butter (15 ml)

Meat and Poultry

- 20 oz chicken breast (535 g)
- 10 oz chicken fillet (280 g)
- 12 oz chicken breast steaks (340 g)
- 12 oz turkey fillet (340 g)
- 8 oz ground turkey (225 g)
- 10 oz lean beef (280 g)
- 10.5 oz beef steak (300 g)
- 10 oz beef fillet (280 g)
- 12 oz pork ribs (340 g)
- 12 oz duck breast fillet (340 g)

Fish and Seafood

- 15 oz whole shrimp (420 g)
- 12 oz cod fillet (340 g)
- 14 oz cod fillet (400 g)
- 12 oz sea bream fillet (340 g)
- 6 oz smoked salmon (170 g)
- 1 whole trout (375 g)

Vegetables

- 3½ cup baby spinach (105 g)
- 11 cup fresh spinach (330 g)
- 3 cups fresh baby spinach (90 g)
- 5 cups fresh spinach (150 g)
- 2 cups green beans (250 g)
- 3 cup broccoli florets (150 g)
- 1½ cup cauliflower florets (180 g)
- 4 cups asparagus (400 g)
- 5 cups cherry tomatoes (4775 g)
- 5 cups tomatoes (920 g)
- 2 cups green beans (250 g)
- 1½ cups of carrots (120 g)
- 1 cup pumpkin cubes (120 g)
- 1½ cup white onion (150 g)
- 5 cup leeks (500 g)
- 1 cup salad mix (15 g)
- 2½ small cucumbers (250 g)
- ½ cup red onion (50 g)
- 8 tablespoons green onion (48 g)
- 6 cups mushrooms (680 g)
- 1 cup pumpkin cubes (120 g)

Fruit

- ½ avocado (70 g)
- 1 medium avocado (150 g)
- ¾ cup mango (110 g)
- ½ cup fresh strawberries (75 g)
- ½ cup blueberries (40 g)
- ½ cup fresh raspberries (60 g)
- 4 dried apricots (40 g)

Nuts, Seeds and Grains

- 1 cup almond flour (96 g)
- 2 tablespoons almond flour (14 g)
- 2 tablespoons rolled oats (15 g)
- 2 tablespoons sesame seeds (20 g)
- 1½ tablespoon black sesame seeds (15 g)

Pantry and Seasonings

- 1 tablespoon fresh dill (4 g)
- 1 tablespoon parsley (4 g)
- 2–3 mint leaves (2 g)
- 1 rosemary sprig (2 g)
- ¾ teaspoon paprika (1.8 g)
- ¼ teaspoon garlic powder (0.6 g)
- ½ teaspoon vanilla extract (2.5 ml)
- ½ teaspoon curry powder (0.6 g)
- ¼ teaspoon turmeric (0.6 g)
- 1 teaspoon mustard (5 ml)
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons lime juice (30 ml)
- 2 lime slices (10 g)
- 1 tablespoon capers (10 g)
- 1 teaspoon tarragon (2 g)
- 1 tablespoon béarnaise sauce (15 g)
- ¼ cup sugar-free BBQ sauce (60 g)
- 3 tablespoons olive oil (45 ml)

