Produce*:

- ☐ 7 Roma tomatoes
  - 4 Roma tomatoes – Day 1: Rainbow Trout with Skillet Salsa
  - 2 Roma tomatoes – Day 5: Crockpot Shredded Chicken Tacos
  - 1 Roma tomto – Day 6: Guacamole Stuffed Fajita Burgers
- ☐ 2 ½ c cherry tomatoes
  - 1 ½ c cherry tomatoes – Day 3: Grilled Chicken Paleo Pasta
  - 1 c cherry tomatoes – Day 4: BLT Salad
- ☐ 1 bunch cilantro
  - 3 T chopped cilantro – Day 1: Rainbow Trout with Skillet Salsa
  - ¼ c chopped cilantro – Day 4: BLT Salad
  - ¼ c chopped cilantro – Day 5: Crockpot Shredded Chicken Tacos
  - 1 T chopped fresh cilantro
- ☐ 2 T fresh thyme – Day 1: Rainbow Trout with Skillet Salsa
- ☐ ½ c fresh chopped parsley – Day 3: Grilled Chicken Paleo Pasta
- ☐ 3 large shallots
  - 2 large shallots – Day 1: Rainbow Trout with Skillet Salsa
  - ½ c chopped shallots – Day 3: Grilled Chicken Paleo Pasta
- ☐ 1 yellow onion – Day 6: Guacamole Stuffed Fajita Burgers
- ☐ 1 white onion – Day 2: Saucy Meatballs over Cauliflower Mash
- ☐ 5 cloves garlic
  - 2 cloves garlic – Day 1: Rainbow Trout with Skillet Salsa
  - 3 cloves garlic – Day 3: Grilled Chicken Paleo Pasta
- ☐ 1 lemon – Day 1: Rainbow Trout with Skillet Salsa
- ☐ 1-2 limes
  - 1 T lime juice – Day 5: Crockpot Shredded Chicken Tacos
  - 1 t lime juice – Day 6: Guacamole Stuffed Fajita Burgers
- ☐ 1 lb Brussel sprouts – Day 1: Roasted Brussel Sprouts
- ☐ 1 (16 oz) bag frozen cauliflower – Day 2: Saucy Meatballs over Cauliflower Mash
- ☐ 2 small-medium spaghetti squash – Day 3: Grilled Chicken Paleo Pasta
- ☐ 4 c salad mixture or 1 large head romaine – Day 4: BLT Salad
- ☐ 1 medium head iceberg lettuce
  - ½ c shredded lettuce, optional – Day 5: Crockpot Shredded Chicken Tacos
  - 1 small head iceberg lettuce, sliced – Day 6: Guacamole Stuffed Fajita Burgers
- ☐ 5 avocados
  - 1 avocado – Day 4: BLT Salad
  - 1 avocados – Day 5: Crockpot Shredded Chicken Tacos
  - 3 avocados – Day 6: Guacamole Stuffed Fajita Burgers
- ☐ 1 green bell pepper – Day 6: Guacamole Stuffed Fajita Burgers
- ☐ 2 red bell peppers – Day 6: Guacamole Stuffed Fajita Burgers

Meat/ Seafood:

- ☐ 4 rainbow trout fillets or white flaky fish of choice – wild caught is best – Day 1: Rainbow Trout with Skillet Salsa
- ☐ 3 lbs ground beef – organic, grass-fed is best
  - 1 ½ lbs ground beef – Day 2: Saucy Meatballs over Cauliflower Mash
  - 1 ½ lbs ground beef – Day 6: Guacamole Stuffed Fajita Burgers
- ☐ 3 ½ lbs chicken breasts – organic, pasture-raised is best
  - 1 ½ lbs chicken breasts – Day 3: Grilled Chicken Paleo Pasta
  - 2 lbs chicken breasts – Day 5: Crockpot Shredded Chicken Tacos
- ☐ 1 package uncured turkey bacon – organic, pasture-raised is best – Day 4: BLT Salad

Dairy Section*:

- ☐ 9 large eggs – organic, pasture-raised is best
  - 1 large egg – Day 2: Saucy Meatballs over Cauliflower Mash
  - 8 large eggs, boiled – Day 4: BLT Salad
- ☐ grated sheep Romano cheese to taste – Day 3: Grilled Chicken Paleo Pasta
- ☐ ½ c goat cheese crumbles, optional – Day 4: BLT Salad
- ☐ ¼ c shredded Dr. Brown approved cheese, optional – Day 5: Crockpot Shredded Chicken Tacos
- ☐ 9 T pasture butter
  - 4 T pasture butter – Day 2: Saucy Meatballs over Cauliflower Mash
  - 2 T pasture butter – Day 3: Grilled Chicken Paleo Pasta
  - 3 T pasture butter – Day 6: Guacamole Stuffed Fajita Burgers

Dry Goods*:

- ☐ 3 T olive oil
  - 1 T olive oil – Day 1: Rainbow Trout with Skillet Salsa
  - 2 T olive oil – Day 1: Roasted Brussel Sprouts
- ☐ 1 c beef stock – Day 2: Saucy Meatballs over Cauliflower Mash
- ☐ 2 T coarse ground mustard – Day 2: Saucy Meatballs over Cauliflower Mash
- ☐ 3 T horseradish mustard – Day 4: Savory Mayo Dressing
- ☐ 2 T Dr. Brown approved ketchup – Day 2: Saucy Meatballs over Cauliflower Mash
- ☐ ½ c Dr. Brown approved jarred mayonnaise – Day 4: Savory Mayo Dressing
- ☐ 3 T wheat-free Worcestershire – Day 2: Saucy Meatballs over Cauliflower Mash
- ☐ 3 T coconut vinegar – Day 4: Savory Mayo Dressing
- ☐ ¼ c almond meal – Day 2: Saucy Meatballs over Cauliflower Mash
- ☐ 2 T pure maple syrup – Day 2: Saucy Meatballs over Cauliflower Mash
- ☐ splash of white wine or sherry wine – Day 3: Grilled Chicken Paleo Pasta
- ☐ 2 c Dr. Brown approved salsa – Day 5: Crockpot Shredded Chicken Tacos
- ☐ 2 T tomato paste – Day 5: Crockpot Shredded Chicken Tacos
- ☐ 8 Paleo tortillas (We like Siete Brand) – Day 5: Crockpot Shredded Chicken Tacos

Seasonings*:

- ☐ sea salt and black pepper to taste – Day 1; Day 1; Day 2; Day 3; Day 4; Day 6
- ☐ 2 t sea salt
  - 1 t sea salt – Day 4: Savory Mayo Dressing
  - 1 t sea salt – Day 5: Crockpot Shredded Chicken Tacos
- ☐ ½ t garlic powder – Day 1: Roasted Brussel Sprouts
- ☐ 1 T dried parsley flakes – Day 2: Saucy Meatballs over Cauliflower Mash
- ☐ 1 T dried dill – Day 4: Savory Mayo Dressing
- ☐ ½ T + 1 t paprika
  - 1 t paprika – Day 4: Savory Mayo Dressing
  - ½ T paprika – Day 5: Crockpot Shredded Chicken Tacos
- ☐ 1 T chili powder – Day 5: Crockpot Shredded Chicken Tacos
- ☐ 1 T dried cilantro – Day 5: Crockpot Shredded Chicken Tacos
- ☐ 1 T seasoned salt – Day 6: Guacamole Stuffed Fajita Burgers

***Organic is best**