

Day 1:
Honey Butter Arctic Char
Caramelized Pear and Pecan Salad

Day 2:
Beef and Veggie Foil Bake

Day 3:
Maple Dijon Skillet Chicken
Baked Sweet Potatoes
Roasted Green Beans

Day 4:
Crockpot Barbacoa Style Tacos

Day 5:
Spicy Chicken with Peppers and Basil
Toasted Cauliflower Rice

Day 6:
Tuna Stuffed Avocado

Produce*:

- 8 cloves garlic, minced
 - 2 cloves garlic, minced – Day 1: Honey Butter Arctic Char
 - 1 t minced garlic – Day 4: Crockpot Barbacoa Style Tacos
 - 4 cloves garlic, crushed – Day 5: Spicy Chicken with Peppers and Basil
- 2 onions
 - 1 large yellow onion – Day 2: Beef and Veggie Foil Bake
 - 1 small to medium onion – Day 5: Spicy Chicken with Peppers and Basil
- 1 red onion – Day 6: Tuna Stuffed Avocado
- 2 c baby carrots – Day 2: Beef and Veggie Foil Bake
- ¾ c chopped celery – Day 2: Beef and Veggie Foil Bake
- juice of 1 lemon – Day 1: Honey Butter Arctic Char
- 3 T + 1 t lime juice
 - 3 T lime juice – Day 4: Crockpot Barbacoa Style Tacos
 - 1 t lime juice – Day 6: Tuna Stuffed Avocado
- 2 c spinach – Day 1: Caramelized Pear and Pecan Salad
- 2 c arugula – Day 1: Caramelized Pear and Pecan Salad
- 3 pears – Day 1: Caramelized Pear and Pecan Salad
- ¼ c sliced leeks or green onions – Day 3: Maple Dijon Skillet Chicken
- 8 oz sliced white button mushrooms – Day 3: Maple Dijon Skillet Chicken
- 4 small sweet potatoes – Day 3: Baked Sweet Potatoes
- 1 lb green beans – Day 3: Roasted Green Beans
- ½ c cilantro
 - ¼ c chopped cilantro – Day 4: Crockpot Barbacoa Style Tacos
 - ¼ c minced cilantro – Day 6: Tuna Stuffed Avocado
- 20 leaves fresh sweet basil – Day 5: Spicy Chicken with Peppers and Basil
- 5 avocados
 - 1 avocado – Day 4: Crockpot Barbacoa Style Tacos
 - 4 avocados – Day 6: Tuna Stuffed Avocado
- 1 medium tomato – Day 4: Crockpot Barbacoa Style Tacos
- 1 medium head cauliflower or 1 pkg “riced” cauliflower – Day 5: Toasted Cauliflower Rice

- 2 red bell peppers – Day 5: Spicy Chicken with Peppers and Basil
- 1 small jalapeño – Day 6: Tuna Stuffed Avocado

Meat/ Seafood:

- 4 (6 oz) Arctic char fillets – wild-caught is best – Day 1: Honey Butter Arctic Char
- 1 ½ lbs ground beef – organic, grass-fed is best – Day 2: Beef and Veggie Foil Bake
- 4-6 chicken cutlets – organic, pasture-raised is best – Day 3: Maple Dijon Skillet Chicken
- 1 ½ lbs boneless, skinless chicken breast – organic, pasture-raised is best – Day 5: Spicy Chicken with Peppers and Basil
- 6 slices peppered uncured turkey bacon – organic, pasture-raised is best – Day 3: Maple Dijon Skillet Chicken
- 2 lbs boneless beef steak of choice – Day 4: Crockpot Barbacoa Style Tacos

Dairy Section*:

- 8 T pasture butter
 - 3 T pasture butter – Day 1: Honey Butter Arctic Char
 - 1 T pasture butter – Day 1: Caramelized Pear and Pecan Salad
 - 4 T pasture butter – Day 3: Baked Sweet Potatoes
- ¼ c crumbled goat cheese – Day 1: Caramelized Pear and Pecan Salad
- ½ c shredded Dr. Brown approved cheese of choice – Day 4: Crockpot Barbacoa Style Tacos

Dry Goods*:

- ¼ c + 1 T raw, local honey
 - ¼ c raw, local honey – Day 1: Honey Butter Arctic Char
 - 1 T raw, local honey – Day 1: Caramelized Pear and Pecan Salad
- ¾ c whole pecans – Day 1: Caramelized Pear and Pecan Salad
- ¼ c wheat-free Worcestershire sauce or coconut aminos – Day 2: Beef and Veggie Foil Bake
- 3 T Dijon mustard – Day 3: Maple Dijon Skillet Chicken
- 1 c Dr. Brown approved mayo – Day 6: Tuna Stuffed Avocado
- 2 T pure maple syrup – Day 3: Maple Dijon Skillet Chicken
- 1 T arrowroot powder – Day 3: Maple Dijon Skillet Chicken
- 2 cans coconut milk
 - 1 (8 oz) can coconut milk – Day 3: Maple Dijon Skillet Chicken
 - 1 (6 oz) can coconut milk – Day 6: Tuna Stuffed Avocado
- 5 T + 2 t olive oil
 - 2 t olive oil – Day 3: Maple Dijon Skillet Chicken
 - 2 T olive oil – Day 3: Roasted Green Beans
 - 1 T olive oil – Day 4: Crockpot Barbacoa Style Tacos
 - 2 T olive oil – Day 5: Toasted Cauliflower Rice
- 1 T safflower oil or sesame oil – Day 5: Spicy Chicken with Peppers and Basil
- 1 T hot chili oil (or chili sauce) – Day 5: Spicy Chicken with Peppers and Basil

- 2 T fish sauce – Day 5: Spicy Chicken with Peppers and Basil
- 1/2 c beef broth – Day 4: Crockpot Barbacoa Style Tacos
- 1 c jarred salsa of choice – Day 4: Crockpot Barbacoa Style Tacos
- 1 T white vinegar – Day 4: Crockpot Barbacoa Style Tacos
- 16 oz chopped tuna in water – Day 6: Tuna Stuffed Avocado
- 8 paleo tortillas – Day 4: Crockpot Barbacoa Style Tacos
- aluminum foil – Day 3: Baked Sweet Potatoes

Seasonings*:

- sea salt and black pepper to taste – Day 1; Day 2; Day 3; Day 4; Day 5; Day 6
- cinnamon to taste – Day 3: Baked Sweet Potatoes
- 1 t all-purpose seasoning – Day 3: Maple Dijon Skillet Chicken
- 1/4 t garlic powder – Day 3: Roasted Green Beans
- 1 T cumin – Day 4: Crockpot Barbacoa Style Tacos
- 3 t oregano – Day 4: Crockpot Barbacoa Style Tacos
- 1/4 t ground cloves – Day 4: Crockpot Barbacoa Style Tacos
- 3 bay leaves – Day 4: Crockpot Barbacoa Style Tacos
- 1/2 t crushed red pepper flakes – Day 5: Spicy Chicken with Peppers and Basil

***Organic is best**