



Spring Favorites

PARSNIPS

RHUBARB

KUMQUATS

ASPARAGUS

MANGO

spring: week 1

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
breakfast	 Scones (any type)* X2 p. 176		 Strawberry Rhubarb Gummies* p. 170		 “Coffee” Smoothie X4 p. 142	 Best-Ever Pancakes p. 158
	 Antipasto Plate p. 311	 Cream of Mushroom Soup X2 p. 208		 leftover Pizza Quiche 2.0 p. 311	 Antipasto Plate p. 311	 Portuguese-Inspired Skillet Eggs p. 194
	 Individual Pot Pies X2** p. 316		 Pizza Quiche 2.0 p. 192	 Southwest Pasta p. 256	 Chicken Nuggets X2 p. 302 and Rainbow Beet Salad X2 p. 224	

* Make ahead.

** When doubled, the pot pie recipe makes 12 single-serving pies. The leftover pies can be frozen and enjoyed later.

X2 = Make a double batch.

X4 = Make 2 double batches.

Note: The recipes in this meal plan use a total of 5 batches of “cheese” base. For efficiency, make 2 double batches and 1 single batch in one go and store them in the fridge for use throughout the week. (Note that the quiche and skillet eggs recipes require 1 batch of “Cheese” Base with Cashews; the nut-free version can be used in the pot pies and soup, if desired.)

shopping list

Produce:

assortment of veggies for Antipasto Plate (see p. 311 for ideas), 4 pounds
basil or cilantro, fresh, 1 small bunch
carrots, 8 large (two of them fat, ideally 2 inches wide)
celery, 2 bunches
golden beets, 2 large or 4 small
green onions, 2
mushrooms, sliced, 32 ounces
red beets, 2 large or 4 small
red bell peppers, 2
red onion, 1 small
rhubarb, fresh or frozen, 10 ounces
tomatoes, 2 large
vegetable and/or meat pizza toppings, 1½ cups prepped
white-fleshed sweet potatoes, 1¼ pounds (about 3 large)
yellow onions, 4
apples, 2
blood oranges, 2
lemons, 2

Meat & Broth:

assortment of nitrate-free deli meat for Antipasto Plate (see p. 311 for ideas), 2 pounds
chicken breast, boneless and skinless, 7 pounds
ground beef, 1 pound
chicken broth (p. 131), 15½ cups

Eggs & Milk:

eggs, 2 dozen large
almond milk, unsweetened, 3 cups
coconut milk, full-fat, 3½ (13½-ounce) cans, plus 4 cans if making Nut-Free “Cheese” Base for Individual Pot Pies and Cream of Mushroom Soup

Nuts & Seeds:

cashews, raw, 1½ cups, plus 6 cups if making “Cheese” Base with Cashews for Individual Pot Pies and Cream of Mushroom Soup
golden flax seeds, ¼ cup
walnut pieces, raw or roasted, ½ to ¾ cup (optional)

Fats & Oils:

avocado oil, ¼ cup
ghee or avocado oil, ½ cup plus 2 tablespoons
ghee or bacon fat, 1 tablespoon
ghee or coconut oil, 1 cup (8 ounces)
ghee or palm shortening or coconut oil, 1 cup (8 ounces)

Frozen Foods:

strawberries, frozen, 10 ounces

Sweeteners:

honey, about ¾ cup
liquid vanilla stevia, 10 drops
maple syrup (for serving with pancakes)
Medjool dates, 4

Flours & Baking Mixes:

almond flour, 4 cups
arrowroot or tapioca flour, 1 tablespoon, plus ½ cup if making Nut-Free “Cheese” Base for Individual Pot Pies and Cream of Mushroom Soup
Pancake & Muffin Mix (p. 133), 1½ cups

Note: If you do not have premade mix on hand, you will need 3¼ cups (410 g) coconut flour, 3¼ cups (406 g) arrowroot or tapioca flour, 2¾ cups (306 g) almond or cashew flour, and 2 tablespoons (36 g) baking soda.

Scone & Pie Crust Mix (p. 133), 9½ cups

Note: If you do not have premade mix on hand, you will need 3¼ cups (410 g) coconut flour, 3¼ cups (406 g) arrowroot or tapioca flour, 2¾ cups (306 g) almond or cashew flour, 1¼ cups (145 g) ground golden flax seeds, 2 tablespoons (36 g) baking soda, and ½ teaspoon (6 g) fine sea salt.

Spices:

chili powder, 2 teaspoons
chipotle powder, ¼ teaspoon
ground cumin, 1½ teaspoons
garlic powder, ¼ teaspoon
Italian seasoning, 1 teaspoon
onion powder, ¼ teaspoon
smoked paprika, ½ teaspoon
Everyday Seasoning (p. 117),
about 1½ tablespoons

Note: If you do not have premade seasoning on hand, you will need 2 tablespoons onion powder, 2 tablespoons garlic powder, 2 tablespoons fine sea salt, 1 tablespoon smoked paprika, and 1 teaspoon chili powder.

Salt Blend (p. 117), 1½
tablespoons

Note: If you do not have premade seasoning on hand, you will need ¼ cup leek flakes or 2¾ teaspoons celery seeds, 2½ tablespoons fine sea salt, 1 tablespoon herbes de Provence, 1 teaspoon onion powder, and ½ teaspoon garlic powder. (Herbamare salt blend is a good store-bought alternative.)

Condiments, Dressings & Sauces:

Apple Cider Vinaigrette (p. 121),
½ cup

Note: If you do not have premade dressing on hand, you will need ¾ cup extra-virgin olive oil, ¼ cup apple cider vinegar, 2 teaspoons honey, ½ teaspoon fine sea salt, and ⅛ teaspoon ground black pepper.

Creamy Honey Dijon Dressing
(p. 121), 1 cup

Note: If you do not have premade dressing on hand, you will need ½ cup raw cashews, ½ cup extra-virgin olive oil, 1 tablespoon apple cider vinegar, 1 teaspoon honey, 1 teaspoon gluten-free Dijon mustard, ½ teaspoon fine sea salt, and ⅛ teaspoon onion powder.

Miscellaneous Items:

marinated artichoke hearts,
2 (6½-ounce) jars

For the scones: ½ cup dairy-free chocolate chips (70% cacao), or 1 heaping cup freeze-dried strawberries, or 1 cup sliced almonds and ¼ teaspoon almond extract

powdered collagen (also called collagen hydrolysate or collagen peptides), ½ cup

cooking sherry, ¼ cup

dandelion tea, 8 bags

gelatin, grass-fed, ⅓ cup

garlic-stuffed green olives,
16 ounces

Kalamata olives, pitted,
16 ounces

pickles, naturally fermented, 8

sun-dried tomatoes, about
½ cup

roasted red peppers, 16-ounce
jar

spring: week 2

	<i>Monday, ^</i>	<i>Tuesday,</i>	<i>Wednesday,</i>	<i>Thursday,</i>	<i>Friday,</i>	<i>Saturday,</i>	
breakfast	 Strawberries & Cream N'Oatmeal X4 p. 180	 Crepes p. 157	 Strawberries & Cream N'Oatmeal < X4 p. 180	 Cherry Muffins* p. 172		 Yellow Pepper Baked Eggs X2 with bacon p. 191	
	lunch	 BLT on Sandwich Bread* p. 270	 Apple & Jicama Sandwiches X2 p. 300 and Ranch Slaw X2 p. 218	 Apple & Jicama Sandwiches X2 p. 300 and leftover Ranch Slaw	 deli turkey on Sandwich Bread p. 270	 leftover Orange Chicken with Broccoli	 Antipasto Plate p. 311
		dinner	 Veggie Burritos** X2 p. 232	 One-Pot Pizza Pasta X2 p. 248		 Orange Chicken with Broccoli X2 p. 254	 Cracker Pizzas p. 284

* *Make ahead.* (Make 2 loaves of Sandwich Bread for the week.)

** *On Monday morning, soak the sunflower seeds for the Veggie Burritos.*

*** *Put the chicken in the slow cooker on Saturday morning.*

^ *Optional: On Monday morning, put 2 cans of coconut milk in the fridge to chill for making Whipped Coconut Cream for the crepes on Tuesday morning.*

< *Though the N'Oatmeal is eaten twice in the week, it doesn't reheat well, so it should be made in 2 quadruple batches.*

X2 = *Make a double batch.*

X4 = *Make a quadruple batch.*

shopping list

Produce:

assortment of veggies for Antipasto Plate (see p. 311 for ideas), 2 pounds
basil, fresh, 16 large leaves
broccoli, 2 heads (about 3 pounds total)
butternut squash, 2 large
carrots, ½ pound (about 1 bunch)
cherry tomatoes, 8
collard greens, 4 large leaves
garlic, 4 cloves
ginger, fresh, 2-inch piece
golden beets, 2 large or 4 small
green onions, 4
jicama, 4 fist-sized or larger
lettuce, 1 small head
red cabbage, 2 heads
red onion, 1
romaine lettuce, 8 leaves
russet potatoes, 2½ pounds (about 6 large)
tomatoes, 2 large
watercress, 2 bunches
white-fleshed sweet potatoes, 2½ pounds (about 6 large)
yellow bell peppers, 2
apples, 4
berries of choice, 1 pint, for crepes (optional)
cherries, fresh or frozen, 1½ cups
oranges (for juicing), 7
lemon, 1 small

Meat & Broth:

assortment of nitrate-free deli meat for Antipasto Plate (see p. 311 for ideas), 1 pound
deli meat of choice, nitrate-free, for Jicama Sandwiches, 1 pound
deli turkey for sandwiches, 1 pound
bacon, 3 (8-ounce) packages
chicken breast, boneless and skinless, 2 pounds
chicken, whole, 3 to 4 pounds
Italian sausage, mild, 18 ounces
pepperoni, 5 ounces
chicken broth (p. 131), 3½ cups

Eggs & Milk:

eggs, 2 dozen large
almond milk, unsweetened, 6½ cups
Note: For nut-free Strawberries & Cream N’Oatmeal, replace 6 cups of the almond milk with 3½ [13½-ounce] cans of full-fat coconut milk.
coconut milk, full-fat, 13½-ounce can, plus 2 cans (if making Whipped Coconut Cream for crepes), plus 1 can (if making Nut-Free “Cheese” Base for One-Pot Pizza Pasta), plus ½ cup (if making nut-free mashed potatoes)
Hazelnut Coffee Creamer (p. 114; optional), ¼ cup

Note: To make, you will need 8 ounces (1¼ cups) blanched hazelnuts and 2 soft pitted Medjool dates.

Nuts & Seeds:

cashews, raw, 1½ cups (if making “Cheese” Base with Cashews for One-Pot Pizza Pasta) plus 1 cup (if making cashew milk for mashed potatoes)
sesame seeds, for garnish (optional)
sunflower seeds, raw, 1 cup

Fats & Oils:

avocado oil, ½ cup plus 2 tablespoons
coconut oil, ¼ cup, plus more for cooking
ghee, 1 tablespoon
ghee or avocado oil, ¼ cup plus 2 tablespoons
ghee or bacon fat, 2 tablespoons
ghee or palm shortening, ¼ cup

Sweeteners:

honey, up to ⅓ cup
liquid vanilla stevia, about ¼ teaspoon
maple syrup, ¼ cup

Flours & Baking Mixes:

arrowroot or tapioca flour, 2 teaspoons, plus 2 tablespoons if making Nut-Free “Cheese” Base for One-Pot Pizza Pasta

Coconut Porridge Mix (p. 112), 6 cups

Note: *If you do not have premade mix on hand, you will need ½ cup plus 2 tablespoons golden flax seeds, 10 cups unsweetened shredded coconut, 1 teaspoon ground cinnamon, and ½ teaspoon fine sea salt.*

Pancake & Muffin Mix (p. 133), 2 cups

Note: *If you do not have premade mix on hand, you will need ¾ cups (410 g) coconut flour, ¾ cups (406 g) arrowroot or tapioca flour, 2¾ cups (306 g) almond or cashew flour, and 2 tablespoons (36 g) baking soda.*

Pizza & Bread Mix (p. 133), 4½ cups

Note: *If you do not have premade mix on hand, you will need ¾ cups (410 g) coconut flour, ¾ cups (406 g) arrowroot or tapioca flour, just under 2 tablespoons (30 g) baking soda, 1 tablespoon plus 2 teaspoons (14 g) psyllium husk powder, and 1 tablespoon plus 1½ teaspoons (30 g) fine sea salt.*

Scone & Pie Crust Mix (p. 133), 1 scant cup

Note: *If you do not have premade mix on hand, you will need ¾ cups (410 g) coconut flour, ¾ cups (406 g) arrowroot or tapioca flour, 2¾ cups (306 g) almond or cashew flour, 1¼ cups (145 g) ground golden flax seeds, 2 tablespoons (36 g) baking soda, and ½ teaspoon (6 g) fine sea salt.*

Spices:

ground cinnamon (optional substitute for lemon juice in Apple Sandwiches)

garlic powder, ¼ teaspoon

Italian seasoning, 1 teaspoon

red pepper flakes (for garnish; optional)

Everyday Seasoning (p. 117), 1 tablespoon, plus more if using to season Easy Chicken

Note: *If you do not have premade seasoning on hand, you will need 2 tablespoons onion powder; 2 tablespoons garlic powder; 2 tablespoons fine sea salt, 1 tablespoon smoked paprika, and 1 teaspoon chili powder.*

Salt Blend (p. 117), 1 tablespoon plus 1¼ teaspoons, plus more if using to season Easy Chicken

Note: *If you do not have premade seasoning on hand, you will need ¼ cup leek flakes or 2¾ teaspoons celery seeds, 2½ tablespoons fine sea salt, 1 tablespoon herbes de Provence, 1 teaspoon onion powder, and ½ teaspoon garlic powder. (Herbamare salt blend is a good store-bought alternative.)*

Condiments, Dressings & Sauces:

mustard, gluten-free, or Paleo-friendly mayonnaise (optional; for sandwiches)

Ranch Dressing (p. 120), 1 to 2 cups

Note: *To make 1 batch (about 1½ cups), you will need ½ cup raw cashews, ½ cup extra-virgin olive oil, ½ lemon, 1 tablespoon apple cider vinegar, ½ teaspoon dried dill weed, ½ teaspoon onion powder, and 1 small clove garlic.*

Pizza Sauce (p. 130), 2½ cups

Note: *To make a double batch, you will need two 7-ounce jars tomato paste, 14 ounces strained tomatoes (from one 24-ounce jar), 2 teaspoons apple cider vinegar, 1 tablespoon plus 1 teaspoon Italian seasoning, 1 teaspoon onion powder, and ½ teaspoon garlic powder.*

Miscellaneous Items:

apple cider vinegar, ¼ cup plus 1 tablespoon

coconut aminos (for dipping burritos)

active dry yeast, about 1½ tablespoons

freeze-dried strawberries, ½ cup

garlic-stuffed green olives, 8 ounces

gelatin, grass-fed, 1 teaspoon (optional; for Whipped Coconut Cream)

Kalamata olives, pitted, 8 ounces

marinated artichoke hearts, 6½-ounce jar

pickles, naturally fermented, 4

powdered collagen (also called collagen hydrolysate or collagen peptides), about 1½ tablespoons

roasted red peppers, 8 ounces

strained tomatoes, 2 cups

sunflower seed butter, without added sugar, ½ cup

vanilla extract, 1 teaspoon (optional; for Whipped Coconut Cream)

white rice, 2 cups cooked, for Veggie Burritos, or 1 small head cauliflower (enough to make 2 cups cooked cauli-rice)



Summer Favorites

TOMATOES

ZUCCHINI

PLUMS

PEACHES

SWISS CHARD

summer: week 1

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
breakfast	 Banana Bread* p. 276		 Blueberry Muffins p. 174		 Detox Piña Colada X4 p. 144	 Best-Ever Pancakes p. 158
lunch	 Curry Chicken Salad Wraps* X2 p. 307		 Barbecue Chicken Salad p. 310	 Egg Boats X2 p. 189	 leftover Creamy Roasted Tomato Soup and Focaccia p. 206	 Hot Dog Boats p. 304
dinner	 Zucchini Lime Cilantro Pie p. 196	 Barbecue Chicken Salad p. 310	 Fettuccine Alfredo p. 264	 Creamy Roasted Tomato Soup X2 and Focaccia X2 p. 278	 Barbecue Chicken Pizza p. 292	 Mediterranean Zucchini Salad p. 226

* *Make ahead.*

<On Tuesday morning, put the ingredients for Slow Cooker Barbecue Chicken (p. 298) in the slow cooker for Barbecue Chicken Salad and Barbecue Chicken Pizza.

^On Wednesday, make 1 batch of Slow Cooker Baked Potatoes (p. 126) for Egg Boats and Hot Dog Boats.

X2 = *Make a double batch.*

X4 = *Make two double batches.*

Note: The recipes in this meal plan use a total of 2½ or 3 batches of “cheese” base. For efficiency, make the batches in one go and store them in the fridge for use throughout the week.

shopping list

Produce:

basil, fresh, 1 small bunch
broccoli, 1 head (about 1½ pounds)
celery, 8 stalks
cherry tomatoes, 1 pint
cilantro, fresh, 1 bunch
garlic, 2 cloves
ginger, fresh, 2-inch piece, or 2 teaspoons ginger powder
golden beets, 4
green onion, 1
lettuce, 2 heads
lettuce or collard leaves, 8 to 10 (for chicken salad wraps)
mint, fresh, 1 handful (optional)
parsley, fresh, 1 bunch
red onion, 1
russet potatoes or sweet potatoes, 6 large
tomatoes, 6 pounds
turmeric, fresh, 2-inch piece, or 2 teaspoons turmeric powder
white-fleshed sweet potatoes, 1½ pounds, or 2 (9-ounce) packages Cappello's fettuccine
yellow onions, 2
yellow zucchini, 8
zucchini, 2
bananas, 4
blueberries, fresh or frozen, 2 cups
lemon, 1 small
lime, 1
pineapple, 4 cups chunked fresh, or 1 pineapple (about 2½ pounds)

Meat & Broth:

chicken breast, boneless and skinless, 6 pounds
hot dogs, nitrate-free, 8
sardines, 2 (3.75-ounce) cans
chicken broth (p. 131), 4 to 6 cups (quantity depends on type of noodle used for Fettuccine Alfredo)

Eggs & Milk:

eggs, 2½ dozen large
almond milk, unsweetened, 1 cup
coconut milk, full-fat, 2 (13½-ounce) cans, plus 2½ or 3 cans if making Nut-Free "Cheese" Base (quantity depends on type of noodle used for Fettuccine Alfredo)

Nuts & Seeds:

almonds, sliced, 1 cup
cashews, raw, 3¾ or 4½ cups, if making "Cheese" Base with Cashews (quantity depends on type of noodle used for Fettuccine Alfredo)
walnuts, raw, ½ cup (optional; for Banana Bread)

Fats & Oils:

avocado oil, ½ cup, plus more for cooking
coconut oil, ½ cup
coconut oil or ghee, ½ cup
extra-virgin olive oil (for serving with focaccia)
ghee or avocado oil, ¾ cup
ghee or coconut oil, 2 tablespoons, plus more for cooking

Sweeteners:

coconut sugar, ½ cup
honey, about ⅓ cup
liquid vanilla stevia, about 1 teaspoon
maple syrup (for serving with pancakes)

Flours & Baking Mixes:

almond flour, 2¾ cups
arrowroot or tapioca flour, 1¼ cups, plus 3 or 4 tablespoons if making Nut-Free "Cheese" Base (quantity depends on type of noodle used for Fettuccine Alfredo)
coconut flour, 1 cup
Pancake & Muffin Mix (p. 133), 1½ cups

Note: *If you do not have premade mix on hand, you will need 3¼ cups (410 g) coconut flour, 3¼ cups (406 g) arrowroot or tapioca flour, 2¾ cups (306 g) almond or cashew flour, and 2 tablespoons (36 g) baking soda.*

Pizza & Bread Mix (p. 133),
2½ cups

Note: If you do not have premade mix on hand, you will need ¾ cups (410 g) coconut flour, ¾ cups (406 g) arrowroot or tapioca flour, just under 2 tablespoons (30 g) baking soda, 1 tablespoon plus 2 teaspoons (14 g) psyllium husk powder, and 1 tablespoon plus 1½ teaspoons (30 g) fine sea salt.

Spices:

ground cinnamon, 2 teaspoons

ground cumin, ½ teaspoon

curry powder, 2 teaspoons

garlic powder, ½ teaspoon

Italian seasoning, 2 teaspoons

Salt Blend (p. 117), up to
2½ teaspoons

Note: If you do not have premade seasoning on hand, you will need ¼ cup leek flakes or 2¼ teaspoons celery seeds, 2½ tablespoons fine sea salt, 1 tablespoon herbes de Provence, 1 teaspoon onion powder, and ½ teaspoon garlic powder. (Herbamare salt blend is a good store-bought alternative.)

Condiments, Dressings & Sauces:

Barbecue Sauce (p. 129),
2½ cups

Note: To make, you will need 2 (7-ounce) jars tomato paste, ½ cup honey, ½ cup apple cider vinegar, 1 ounce dairy-free dark chocolate (70% cacao or higher), 1 to 3 teaspoons chili powder, 1 teaspoon tamarind paste (optional), 1 teaspoon Red Boat fish sauce, ¾ teaspoon fine sea salt, ½ teaspoon garlic powder, and ¼ teaspoon ground celery seed.

Caesar Dressing (p. 125) or
Creamy Italian Dressing (p.
124), about 1 cup

Note: If making Caesar Dressing, you will need ½ cup raw cashews, ½ cup extra-virgin olive oil, 1 tablespoon fresh-squeezed lemon juice or apple cider vinegar, 1 teaspoon honey, ½ teaspoon onion powder, and 1 small clove garlic.

If making Creamy Italian Dressing, you will need ½ cup raw cashews, ½ cup extra-virgin olive oil, ¼ cup apple cider vinegar, ½ teaspoon Italian seasoning, and ¼ teaspoon garlic powder.

hot sauce of choice

mayonnaise, Paleo-friendly,
1 cup

Ranch Dressing (p. 120), about
1 cup

Note: To make, you will need ½ cup raw cashews, ½ cup extra-virgin olive oil, ½ lemon, 1 tablespoon apple cider vinegar, ½ teaspoon dried dill weed, ½ teaspoon onion powder, and 1 small clove garlic.

Miscellaneous Items:

active dry yeast, 2 teaspoons

apple cider vinegar, 1 tablespoon

applesauce, unsweetened, ¼ cup

baking soda, 1½ teaspoons

Cappello's fettuccine, 2
(9-ounce) packages, or 1¼
pounds white-fleshed sweet
potatoes

chocolate, dark (80% cacao),
3 ounces (optional; for Banana
Bread)

Kalamata olives, pitted, ½ cup

pickle relish, naturally
fermented, ¼ cup

powdered collagen (also
called collagen hydrolysate or
collagen peptides), ¼ cup

raisins, 1 cup

sauerkraut, naturally
fermented, ½ cup

sun-dried tomatoes, 4 (optional)

tomato paste, ½ cup

summer: week 2

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
breakfast	 <p>Cinnamon Raisin Bread* with eggs</p> <p>p. 272</p>		 <p>Eggs Baked in Tomatoes X2</p> <p>p. 190</p>	 <p>Coconut Yogurt*@ X2 with nuts and berries</p> <p>p. 182</p>		 <p>Best-Ever Pancakes</p> <p>p. 158</p>
lunch	 <p>mixed green salad tossed with dressing of choice, with deli meat and chips</p>	 <p>Funa Salad Wraps**</p> <p>p. 228</p>		 <p>Antipasto Plate</p> <p>p. 311</p>	 <p>Apple & Jicama Sandwiches X2 with your favorite no-cook foods (chips, olives, pickles, nuts, etc.)</p> <p>p. 300</p>	 <p>mixed green salad tossed with dressing of choice, with leftover Easy Chicken@ and chips</p>
dinner	 <p>burgers or brats and Faux Grilled Vegetables</p> <p>p. 222</p>	<p>Matzo Ball Soup</p> <p>p. 204</p>	 <p>Baja Drumsticks X2 and Slow Cooker Baked Potatoes*** X1½</p> <p>p. 314 p. 126</p>		 <p>Greek Pizza@</p> <p>p. 290</p>	 <p>Fish-n-Chips</p> <p>p. 312</p>

* Make ahead.

** On Monday night, soak the sunflower seeds for the Funa Salad.

*** Put the potatoes in the slow cooker on Wednesday morning.

@ Use yogurt for breakfast and Greek Pizza. Use Easy Chicken for Greek Pizza and to top salad for Saturday lunch.

X1½ = Make one and a half batches.

X2 = Make a double batch.

shopping list

Produce:

assortment of veggies for Antipasto Plate (see p. 311 for ideas), 2 pounds
assortment of veggies for Faux Grilled Vegetables (see p. 222 for ideas), 3 pounds
arugula or spinach, 1 handful (optional)
basil, fresh, 1 handful
celery, 3 stalks
cherry tomatoes, 1 cup
collard greens, 8 large leaves
garlic, 1 clove
green bell pepper, 1 small
jicama, 2 fist-sized or larger
parsley, fresh, 1 small bunch
red onion, 1 large or 2 medium
romaine lettuce, 4 leaves
russet or sweet potatoes, 9 large
salad fixings for lunch salads on 2 days: 2 heads lettuce plus additional fixings of choice, such as cucumber, cherry tomatoes, and mushrooms
tomatoes, 4 large
apples, 2
berries of choice, 2 cups
lemons, 2

Meat & Broth:

assortment of nitrate-free deli meat for salads and sandwiches, 2½ pounds
chicken breast, boneless and skinless, 2 pounds
chicken drumsticks, 16
ground beef (for burgers) or brats, about 1½ pounds
chicken broth (p. 131), 11 cups

Eggs & Milk:

eggs, 2 dozen large
almond milk, unsweetened, 1 cup
coconut milk, full-fat, 6 (13½-ounce) cans

Nuts & Seeds:

nuts of choice, raw, about 1 cup (for topping yogurt)
sunflower seeds, raw, 1½ cups

Fats & Oils:

avocado oil, 1¼ cups, plus more for cooking
2 tablespoons ghee
ghee or avocado oil, ¼ cup
ghee or coconut oil, ¼ cup, plus more for cooking

Sweeteners:

coconut sugar, 1 tablespoon
honey, about ½ cup
liquid vanilla stevia, ¼ teaspoon
maple syrup, 2 tablespoons, plus more for serving with pancakes

Flours & Baking Mixes:

almond flour, ¼ cup
arrowroot or tapioca flour, ½ cup
coconut flour, ¼ cup
Pancake & Muffin Mix (p. 133), 1⅓ cups

Note: *If you do not have premade mix on hand, you will need 3¼ cups (410 g) coconut flour, 3¼ cups (406 g) arrowroot or tapioca flour, 2¾ cups (306 g) almond or cashew flour, and 2 tablespoons (36 g) baking soda.*

Pizza & Bread Mix (p. 133), 3¾ cups

Note: *If you do not have premade mix on hand, you will need 3¼ cups (410 g) coconut flour, 3¼ cups (406 g) arrowroot or tapioca flour, just under 2 tablespoons (30 g) baking soda, 1 tablespoon plus 2 teaspoons (14 g) psyllium husk powder, and 1 tablespoon plus 1½ teaspoons (30 g) fine sea salt.*

Scone & Pie Crust Mix (p. 133), ½ cup

Note: *If you do not have premade mix on hand, you will need 3¼ cups (410 g) coconut flour, 3¼ cups (406 g) arrowroot or tapioca flour, 2¾ cups (306 g) almond or cashew flour, 1¼ cups (145 g) ground golden flax seeds, 2 tablespoons (36 g) baking soda, and ½ teaspoon (6 g) fine sea salt.*

Spices:

ground cinnamon, 1 tablespoon
dill weed, dried, about 1
tablespoon
garlic powder, ¼ teaspoon
herbes de Provence, ½ teaspoon
Easy Taco Seasoning (p. 116),
2 teaspoons

*Note: If you do not have
premade seasoning on hand,
you will need 2 tablespoons
chili powder, 2 tablespoons
ground cumin, 2 teaspoons
onion powder, 2 teaspoons
garlic powder, 2 teaspoons
fine sea salt, and ½ teaspoon
ground chipotle powder.*

Everyday Seasoning (p. 117),
about 2 teaspoons, plus more if
using to season Easy Chicken

*Note: If you do not have
premade seasoning on hand,
you will need 2 tablespoons
onion powder, 2 tablespoons
garlic powder, 2 tablespoons
fine sea salt, 1 tablespoon
smoked paprika, and 1
teaspoon chili powder.*

Salt Blend (p. 117), to season
Easy Chicken (or use Everyday
Seasoning)

*Note: If you do not have
premade seasoning on hand,
you will need ¼ cup leek
flakes or 2¾ teaspoons celery
seeds, 2½ tablespoons fine
sea salt, 1 tablespoon herbes
de Provence, 1 teaspoon onion
powder, and ½ teaspoon
garlic powder. (Herbamare
salt blend is a good store-
bought alternative.)*

Condiments, Dressings & Sauces:

Dijon mustard, gluten-free,
1 teaspoon, plus more if desired
for sandwiches
mayonnaise, Paleo-friendly,
⅓ cup, plus more if desired for
sandwiches
salad dressing of choice,
enough for lunch salads on
2 days and to accompany Faux
Grilled Vegetables (see pp. 120
to 125 for ingredients)

Miscellaneous Items:

active dry yeast, about
1½ tablespoons
almond or lemon extract
(optional; for yogurt)
apple cider vinegar, 3
tablespoons
chips cooked in coconut or
avocado oil, 4 (5-ounce) bags
garlic-stuffed green olives,
8 ounces
gelatin, grass-fed, about
3 tablespoons, or 1 tablespoon
agar powder
Kalamata olives, pitted,
10 ounces
marinated artichokes,
6½-ounce jar
pickle relish, naturally
fermented, ½ cup
pickles, naturally fermented, 4
powdered collagen (also
called collagen hydrolysate or
collagen peptides), 2 teaspoons
probiotic capsules, dairy-free,
equal to about 70 billion active
cultures
raisins, ¾ cup
roasted red peppers, 8 ounces
salmon, canned wild Alaskan,
12 ounces
seaweed, dried, ½ teaspoon
ground (optional)
sunflower seed butter, without
added sugar, ¼ cup
vanilla beans, 2



Fall Favorites

APPLES

PERSIMMONS

CRANBERRIES

PUMPKINS

BUTTERNUT SQUASH



fall: week 1

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i> [†]	<i>Thursday</i> [^]	<i>Friday</i>	<i>Saturday</i>
breakfast	 <p>Mini Boulder Cream Donuts* X2</p> <p>p. 162</p>		 <p>Portobello & Ham Baked Eggs X2</p> <p>p. 188</p>	 <p>Crepes</p> <p>p. 157</p>	 <p>Coconut Porridge X4</p> <p>p. 178</p>	 <p>Best-Ever Pancakes</p> <p>p. 158</p>
lunch	 <p>Brassicas Salad@ X2 and Poached Eggs with bacon</p> <p>p. 223 p. 188</p>	 <p>leftover Brassicas Salad and Poached Eggs with bacon</p> <p>p. 188</p>	 <p>mixed green salad tossed with dressing of choice@, with deli meat and chips</p>	 <p>leftover Curried Chicken & Vegetable Soup and Nacho Cheese Cauliflower Poppers</p>	 <p>Taco Boats</p> <p>p. 306</p>	 <p>Hot Dog Boats</p> <p>p. 304</p>
dinner	 <p>Fettuccine Alfredo</p> <p>p. 264</p>	 <p>Sausage & Egg Pizza</p> <p>p. 288</p>	 <p>Curried Chicken & Vegetable Soup X2 and Nacho Cheese Cauliflower Poppers X2</p> <p>p. 202 p. 234</p>	 <p>Burrito Bowl**</p> <p>p. 309</p>	 <p>Taco Rice Skillet X2</p> <p>p. 315</p>	

* Make ahead.

< Optional: On Wednesday morning, put 2 cans of coconut milk in the fridge to chill for making Whipped Coconut Cream for the crepes on Thursday morning.

@ Use Ranch Dressing for Brassicas Salad and salad with deli meat.

^ On Thursday, make 1 batch of Slow Cooker Baked Potatoes (p. 126) for Taco Boats and Hot Dog Boats.

** When making the Burrito Bowl, make a double batch of taco ground beef and reserve half for Taco Boats.

X2 = Make a double batch.

X4 = Make a quadruple batch.

shopping list

Produce:

avocados, 9
bell peppers, any color, 4
bok choy, 4 to 5 bunches (about 3½ pounds)
broccoli, 1 head (about 1½ pounds)
butternut squash, 1½ pounds, or 1½ pounds pumpkin, or 1 pound sweet potato (for 1 cup homemade puree) or 1 cup prepared pumpkin puree (from one 15-ounce can)
cabbage, 3 heads
carrots, 4 large
cauliflower, 2 large heads
cilantro, fresh, 1 bunch
garlic, 2 cloves
onions or leeks, 2
parsnips, 7 large
portobello mushroom caps, 4
rainbow chard, 1 small bunch or 8 large leaves
red onion, 1
russet or sweet potatoes, 8 large
salad fixings for lunch salads on 1 day: 1 head lettuce plus additional fixings of choice, such as cucumber, cherry tomatoes, and mushrooms
white-fleshed sweet potatoes, 1½ pounds, or 2 (9-ounce) packages Cappello's fettuccine
yellow onions, 2
berries of choice, 1 to 2 pints, for topping crepes and/or porridge (optional)
lemon, 1
limes, 3

Meat & Broth:

bacon, 3 (8-ounce) packages
breakfast sausage, 8 ounces precooked or 12 ounces raw
chicken breast, boneless and skinless, 2 pounds
deli meat of choice, nitrate-free, for salads, 1 pound
ground beef, 4 pounds
ham, 4 thin slices
hot dogs, nitrate-free, 8
chicken broth (p. 131), 8 to 9 cups (quantity depends on type of noodle used for Fettuccine Alfredo)

Eggs & Milk:

eggs, 2½ dozen large
almond milk, unsweetened, 1 cup
almond milk, unsweetened, or cashew milk, 1½ cups (if using cashew milk, purchase 1 cup raw cashews to make cashew milk recipe on p. 143)
almond milk, unsweetened, or full-fat coconut milk, 3 cups (or 2 cans coconut milk)
coconut milk, full-fat, 2½ (13½-ounce) cans, plus ½ or 1 can if making Nut-Free "Cheese" Base for Fettuccine Alfredo (quantity depends on type of noodle used), plus 2 cans if making Whipped Coconut Cream for serving with crepes
Hazelnut Coffee Creamer (p. 114), 2 tablespoons (optional)

Note: To make, you will need 8 ounces (1¼ cups) blanched hazelnuts and 2 soft pitted Medjool dates.

Nuts & Seeds:

almonds, sliced, ¼ cup (optional)
cashews, raw, 2 cups, plus ¾ cup or 1½ cups if making "Cheese" Base with Cashews for Fettuccine Alfredo (quantity depends on type of noodle used)

Fats & Oils:

avocado oil, 2 tablespoons, plus more for cooking
bacon fat, 3 tablespoons, plus more for cooking
coconut butter/cream concentrate, 2 cups
coconut oil, ¼ cup, plus more for cooking
ghee, about ¾ cup
ghee or avocado oil, ¼ cup, plus 3 tablespoons if using sweet potato noodles for Fettuccine Alfredo
ghee or bacon fat, 2 tablespoons
ghee or coconut oil, 2 tablespoons, plus more for cooking

Sweeteners:

coconut sugar, for topping porridge (optional)
honey, about 1¼ cups
liquid vanilla stevia, about ½ teaspoon
maple syrup (for serving with pancakes)

Flours & Baking Mixes:

arrowroot or tapioca flour, 1 or 2 tablespoons, if making Nut-Free “Cheese” Base for Fettuccine Alfredo (quantity depends on type of noodle used)

coconut flour, 1 cup plus 2 tablespoons

Coconut Porridge Mix (p. 112), 3 cups

Note: *If you do not have premade mix on hand, you will need ¼ cup plus 1 tablespoon golden flax seeds, 5 cups unsweetened shredded coconut, ½ teaspoon ground cinnamon, and ¼ teaspoon fine sea salt.*

Pancake & Muffin Mix (p. 133), 2½ cups

Note: *If you do not have premade mix on hand, you will need ¾ cups (410 g) coconut flour, ¾ cups (406 g) arrowroot or tapioca flour, 2¾ cups (306 g) almond or cashew flour, and 2 tablespoons (36 g) baking soda.*

Pizza & Bread Mix (p. 133), 1½ cups

Note: *If you do not have premade mix on hand, you will need ¾ cups (410 g) coconut flour, ¾ cups (406 g) arrowroot or tapioca flour, just under 2 tablespoons (30 g) baking soda, 1 tablespoon plus 2 teaspoons (14 g) psyllium husk powder, and 1 tablespoon plus 1½ teaspoons (30 g) fine sea salt.*

Spices:

ground cinnamon, for topping porridge (optional)

ground cumin, ½ teaspoon

curry powder, 2 tablespoons

garlic powder, 1 teaspoon

onion powder, 1 teaspoon

Easy Taco Seasoning (p. 116), ½ cup plus 2 tablespoons

Note: *If you do not have premade seasoning on hand, you will need 2 tablespoons chili powder, 2 tablespoons ground cumin, 2 teaspoons onion powder, 2 teaspoons garlic powder, 2 teaspoons fine sea salt, and ½ teaspoon ground chipotle powder.*

Salt Blend (p. 117), about 1 teaspoon

Note: *If you do not have premade seasoning on hand, you will need ¼ cup leek flakes or 2¾ teaspoons celery seeds, 2½ tablespoons fine sea salt, 1 tablespoon herbes de Provence, 1 teaspoon onion powder, and ½ teaspoon garlic powder. (Herbamare salt blend is a good store-bought alternative.)*

Condiments, Dressings & Sauces:

Dijon mustard, gluten-free, 1 tablespoon plus 1 teaspoon

Ranch Dressing (p. 120), ½ to 1 cup

Note: *If you do not have premade dressing on hand, you will need ½ cup raw cashews, ½ cup extra-virgin olive oil, ½ lemon, 1 tablespoon apple cider vinegar, ½ teaspoon dried dill weed, ½ teaspoon onion powder, ½ teaspoon fine sea salt, and 1 small clove garlic.*

salad dressing of choice, enough for lunch salads on 1 day (see pp. 120 to 125 for ingredients)

Miscellaneous Items:

active dry yeast, 2 teaspoons

apple cider vinegar, ¼ cup plus 1 tablespoon

baking soda, ½ teaspoon

Cappello's fettuccine, 2 (9-ounce) packages, or 1¼ pounds white-fleshed sweet potatoes

chips cooked in coconut or avocado oil, 5-ounce bag

cocoa powder, ¼ cup

gelatin, grass-fed, 1 teaspoon

pickle relish, naturally fermented, ¼ cup

psyllium husk powder, ¼ cup

raisins, about ½ cup (optional; for topping porridge)

salsa of choice, 1¼ cups, plus more for serving with Burrito Bowl

sauerkraut, naturally fermented, ½ cup

tomato paste, ½ cup

vanilla extract, 3 tablespoons

fall: week 2

	<i>Monday</i>	<i>Tuesday</i> ^	<i>Wednesday</i> <	<i>Thursday</i> >	<i>Friday</i>	<i>Saturday</i>	
breakfast	 Cherry Almond Bars* X2 p. 165		 Pumpkin Bread with Cream Cheese Swirl*@ p. 274		 Pumpkin N'Oatmeal X4 p. 181	 Pumpkin N'Oatmeal X4 p. 181	
	lunch	 sunflower seed butter & jelly on Sandwich Bread* p. 270	 mixed green salad tossed with dressing of choice, with deli meat and chips	 leftover Cider Cabbage & Kielbasa and Mashed Potatoes	 Poached Eggs and Perfect Crispy Potatoes* p. 184	 mixed green salad tossed with dressing of choice and leftover Holiday Turkey	 Portobello & Ham Baked Eggs X2 and Perfect Crispy Potatoes p. 184
		dinner	 One-Pot Pizza Pasta@ p. 248	 Cider Cabbage & Kielbasa and Mashed Potatoes p. 242	 Pho* p. 212	 turkey sandwiches on Sandwich Bread* with Holiday Turkey and fixings p. 270	 Tomato Pizza p. 286

* Make ahead. (Make 2 loaves of Sandwich Bread for the week. If you have time on Thursday, you can make 2 batches of Perfect Crispy Potatoes to save yourself time later and to have a more leisurely Saturday lunch.)

^ On Tuesday morning, place the ingredients for the Cider Cabbage & Kielbasa in the slow cooker, but add an additional 14-ounce kielbasa (for 2 sausages total). Reserve one of the sausages and half of the cabbage and apple mixture for Wednesday lunch.

< On Wednesday morning, place the ingredients for the Pho in the slow cooker.

@ Use pumpkin puree for Pumpkin Bread and Pumpkin N'Oatmeal. Use Pizza Sauce for One-Pot Pizza Pasta and Tomato Pizza.

X2 = Make a double batch.

X4 = Make a quadruple batch.

Note: The recipes in this meal plan use a total of 1½ batches of "cheese" base. For efficiency, make the batches in one go and store them in the fridge for use throughout the week.

shopping list

Produce:

basil, fresh, 1 handful
bean sprouts, 2 handfuls (optional)
butternut squash, 1 large
cilantro, fresh, 1 handful
garlic, 1 head
ginger, fresh, 3-inch piece
Granny Smith apples, 2
green onions, 4
kale, 1 bunch
lettuce, ½ head (to garnish Cheeseburger Soup)
portobello mushroom caps, 4
pumpkin, 7 pounds (to make homemade puree), or 3 (15-ounce) cans pumpkin puree
red cabbage, 1 head
rosemary, fresh, 4 sprigs
russet potatoes, 8 to 9 pounds
salad fixings for lunch salads on 2 days: 2 heads lettuce plus additional fixings of choice, such as cucumber, cherry tomatoes, and mushrooms
thyme, fresh, 4 sprigs
vegetable and/or meat pizza toppings, about 1½ cups prepped (total)
yellow onions, 3

Meat & Broth:

beef shin bones, 3 (about 3 pounds)
breakfast sausage, 8 ounces precooked or 12 ounces raw (optional; for serving with Saturday lunch)
deli meat of choice, nitrate-free, for salads, 1 pound
ground beef, 2 pounds
ham, 4 thin slices
Italian sausage, mild, 9 ounces
kielbasa, 28 ounces
meat and/or vegetable pizza toppings, about 1½ cups prepped (total)
pepperoni, 2½ ounces
sirloin, 1 pound
turkey parts, 12 to 14 pounds
chicken broth (p. 131), 4 cups

Eggs & Milk:

eggs, 2½ dozen large
almond milk, unsweetened, ¼ cup
cashew milk (p. 143), 1 cup
coconut milk, full-fat, 1½ (13½-ounce) cans, plus 1½ cans if making Nut-Free “Cheese” Base

Nuts & Seeds:

almonds, slivered, 3 cups
cashews, raw, ½ cup, plus 2¼ cups if making “Cheese” Base with Cashews
walnuts, raw, about ½ cup (optional; for topping N’Oatmeal)

Fats & Oils:

avocado oil, ½ cup, plus more for cooking
bacon fat, ¼ cup plus 2 tablespoons
bacon fat or avocado oil, 1 tablespoon
coconut oil or ghee, ¼ cup plus 3 tablespoons
ghee or avocado oil, ¼ cup
ghee or bacon fat, 1 tablespoon

Sweeteners:

coconut sugar, ¾ cup
honey, 2 tablespoons (or more if using as a substitute for stevia)
liquid vanilla stevia, up to ½ teaspoon
maple syrup (optional; for topping N’Oatmeal)

Flours & Baking Mixes:

arrowroot or tapioca flour, ½ cup, plus 3 tablespoons if making Nut-Free “Cheese” Base

coconut flour, 1 cup

Coconut Porridge Mix (p. 112), 6 cups

Note: If you do not have premade mix on hand, you will need ½ cup plus 2 tablespoons golden flax seeds, 10 cups unsweetened shredded coconut, 1 teaspoon ground cinnamon, and ½ teaspoon fine sea salt.

Pizza & Bread Mix (p. 133), 6 cups

Note: If you do not have premade mix on hand, you will need ¾ cups (410 g) coconut flour, ¾ cups (406 g) arrowroot or tapioca flour, just under 2 tablespoons (30 g) baking soda, 1 tablespoon plus 2 teaspoons (14 g) psyllium husk powder, and 1 tablespoon plus 1½ teaspoons (30 g) fine sea salt.

Spices:

black peppercorns, 1 teaspoon

ground cinnamon, 2 teaspoons

coarse pink salt, ½ cup

garlic powder, ¼ teaspoon

Italian seasoning, for garnish

pho spice (found at Asian markets), 1 packet, or 6 star anise, 3 cinnamon sticks, 2 teaspoons coriander seeds, 2 teaspoons fennel seeds, and 3 whole cloves

red pepper flakes, for garnish (optional; for One-Pot Pizza Pasta)

Everyday Seasoning (p. 117), 1 tablespoon

Note: If you do not have premade seasoning on hand, you will need 2 tablespoons onion powder, 2 tablespoons garlic powder, 2 tablespoons fine sea salt, 1 tablespoon smoked paprika, and 1 teaspoon chili powder.

Pumpkin Spice Blend (p. 118), about 2 tablespoons

Note: If you do not have premade seasoning on hand, you will need ¼ cup ground cinnamon, 2 tablespoons ginger powder, 2 teaspoons ground cloves or allspice, and 2 teaspoons ground nutmeg.

Salt Blend (p. 117), about 1½ tablespoons

Note: If you do not have premade seasoning on hand, you will need ¼ cup leek flakes or 2¼ teaspoons celery seeds, 2½ tablespoons fine sea salt, 1 tablespoon herbes de Provence, 1 teaspoon onion powder, and ½ teaspoon garlic powder. (Herbamare salt blend is a good store-bought alternative.)

Condiments, Dressings & Sauces:

mayonnaise, Paleo-friendly, for turkey sandwiches (optional)

Pizza Sauce (p. 130), 1½ cups

Note: To make, you will need one 7-ounce jar tomato paste, 7 ounces strained tomatoes (from a 24-ounce jar), 2 teaspoons Italian seasoning, 1 teaspoon apple cider vinegar, ½ teaspoon onion powder, ½ teaspoon fine sea salt, and ¼ teaspoon garlic powder.

fish sauce, 1 tablespoon

salad dressing of choice, enough for lunch salads on 2 days (see pp. 120 to 125 for ingredients)

Tart Cranberry Sauce (p. 137), for turkey sandwiches (optional)

Note: To make, you will need 16 ounces fresh cranberries, 2 tablespoons finely grated orange zest, 2 cinnamon sticks, 1 cup fresh-squeezed orange juice, ½ cup coconut sugar, ¼ teaspoon ginger powder (optional), and ⅛ teaspoon fine sea salt. This makes more than you will need for the sandwiches, but it keeps well.

Miscellaneous Items:

active dry yeast, 1 tablespoon plus 1 teaspoon

apple cider, ½ cup

apple cider vinegar, about ½ cup

baking soda, 1 teaspoon

chips cooked in coconut or avocado oil, 5-ounce bag

fruit spread, without added sugar, about ¼ cup

pumpkin puree, 3 (15-ounce) cans, or 1 (7-pound) pumpkin (to make homemade puree)

sour cherries, dried, 2 cups

strained tomatoes, 1 cup

sunflower seed butter, without added sugar, about ¼ cup

Thai white rice noodles, 8.8-ounce package, 9-ounce package Cappello's fettuccine, or 12-ounce package kelp noodles

tomato paste, ¼ cup

tomato puree, 2 cups

vanilla extract, 1 teaspoon



Winter Favorites

CABBAGE

CELERIAC

BROCCOLI

CAULIFLOWER

SWEET POTATO

winter: week 1

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i> ^	<i>Saturday</i>	
breakfast	 Bagels* X2 p. 160		 Pumpkin N'Oatmeal X4 p. 181	 Pumpkin Spice Latte X4 with bacon and eggs p. 153	 Pumpkin N'Oatmeal< X4 p. 181	 Poached Eggs p. 188 and Perfect Crispy Potatoes p. 184	
	lunch	 mixed green salad tossed with dressing of choice, with deli meat and chips	 leftover Curried Turkey Meatloaf and Creamed Kale	 leftover Orange Chicken with Broccoli	 mixed green salad tossed with dressing of choice, with deli meat and chips	 Sun-Dried Tomato & Roasted Red Pepper Dip** X2 with deli meat and chips p. 236	 Veggie Burritos*** X2 p. 232
		dinner	 Curried Turkey Meatloaf p. 318 and Creamed Kale X2 p. 219	 Orange Chicken with Broccoli X2 p. 254	 Meaty Tomato Lasagna p. 260		 Bacon & Ranch Twice-Baked Potatoes* X2 p. 299 and Broccoli Cheese Soup p. 210

* *Make ahead.*

** *On Thursday evening, soak the cashews for the Sun-Dried Tomato & Roasted Red Pepper Dip.*

*** *On Saturday morning, soak the sunflower seeds for the Veggie Burritos.*

< *Though the N'Oatmeal is eaten twice in the week, it doesn't reheat well, so it should be made in 2 quadruple batches.*

^ *On Friday morning, put 4 large russet potatoes in the slow cooker to make the Slow Cooker Baked Potatoes needed for a double batch of Twice-Baked Potatoes.*

X2 = *Make a double batch.*

X4 = *Make a quadruple batch.*

Note: *The recipes in this meal plan use a total of 3½ batches of "cheese" base. For efficiency, make the batches in one go and store them in the fridge for use throughout the week.*

shopping list

Produce:

basil, fresh, 1 small bunch
broccoli, 3 heads (about 1½ pounds each)
carrots, 4 large
celery, 2 stalks
cherry tomatoes, 1 pint
collard greens, 4 large leaves
garlic, 1 head
ginger, fresh, 2½-inch piece
jicama, 2 fist-sized
kale, 4 large bunches
mushrooms, 8 ounces
pumpkin, about 4 pounds (to make homemade puree) or 2 (15-ounce) cans pumpkin puree
red onion, 1
russet potatoes, 3½ to 4 pounds
salad fixings for lunch salads on 2 days: 2 heads lettuce plus additional fixings of choice, such as cucumber, cherry tomatoes, and mushrooms
white-fleshed sweet potatoes, 3¾ pounds
yellow onions, 2
lemons, 2
oranges, 6

Meat & Broth:

bacon, 3 (8-ounce) packages
breakfast sausage, 12 ounces precooked or 1 pound raw (optional; for serving with Saturday breakfast)
chicken breast, boneless and skinless, 2 pounds
deli meat of choice, nitrate-free, 3 pounds
ground beef, 3 pounds
ground turkey, 2 pounds
chicken broth (p. 131), 10 cups

Eggs & Milk:

eggs, 1½ dozen large
coconut milk, full-fat, 5 (13½-ounce) cans, plus 3½ cans if making Nut-Free “Cheese” Base

Nuts & Seeds:

almonds, sliced, ¼ cup (optional)
cashews, raw, 2½ cups, plus 5¼ cups if making “Cheese” Base with Cashews
golden flax seeds, 1 cup
macadamia nuts, raw, ¼ cup (optional)
sesame seeds, about 2 teaspoons (optional)
sunflower seeds, raw, 1 cup
walnuts, raw, about 1 cup (optional; for topping N’Oatmeal)

Fats & Oils:

avocado oil, 1 tablespoon
bacon fat, about ¼ cup
bacon fat or ghee, ¼ cup
bacon fat or ghee or avocado oil, ¼ cup
coconut oil, ½ cup
ghee, about ⅓ cup
ghee or avocado oil, ¾ cup

Sweeteners:

honey, 2 tablespoons
liquid vanilla stevia, about ¼ teaspoon
maple syrup, about 3 tablespoons, plus more for topping N’Oatmeal (optional)

Flours & Baking Mixes:

arrowroot or tapioca flour, 3 tablespoons, plus ½ cup if making Nut-Free “Cheese” Base

coconut flour, ½ cup

Coconut Porridge Mix (p. 112), 6 cups

Note: If you do not have premade mix on hand, you will need ½ cup plus 2 tablespoons golden flax seeds, 10 cups unsweetened shredded coconut, 1 teaspoon ground cinnamon, and ½ teaspoon fine sea salt.

Pizza & Bread Mix (p. 133), 2 cups

Note: If you do not have premade mix on hand, you will need 3¼ cups (410 g) coconut flour, 3¼ cups (406 g) arrowroot or tapioca flour, just under 2 tablespoons (30 g) baking soda, 1 tablespoon plus 2 teaspoons (14 g) psyllium husk powder, and 1 tablespoon plus 1½ teaspoons (30 g) fine sea salt.

Spices:

ground cinnamon, 2 to 4 teaspoons (if making cinnamon raisin bagels)

curry powder, 1½ teaspoons

dill weed, dried, 1 teaspoon

garlic powder, 1¼ teaspoons

Italian seasoning, 1 tablespoon plus 1 teaspoon

onion powder, 1 teaspoon, plus 1 to 2 teaspoons if making onion bagels

smoked paprika, 2 teaspoons

turmeric powder, 1½ teaspoons

Everyday Seasoning (p. 117), up to 1 tablespoon

Note: If you do not have premade seasoning on hand, you will need 2 tablespoons onion powder, 2 tablespoons garlic powder, 2 tablespoons fine sea salt, 1 tablespoon smoked paprika, and 1 teaspoon chili powder.

Pumpkin Spice Blend (p. 118), 1 tablespoons plus 2 teaspoons

Note: If you do not have premade seasoning on hand, you will need ¼ cup ground cinnamon, 2 tablespoons ginger powder, 2 teaspoons ground cloves or allspice, and 2 teaspoons ground nutmeg.

Salt Blend (p. 117), about ¼ cup

Note: If you do not have premade seasoning on hand, you will need ¼ cup leek flakes or 2¾ teaspoons celery seeds, 2½ tablespoons fine sea salt, 1 tablespoon herbes de Provence, 1 teaspoon onion powder, and ½ teaspoon garlic powder. (Herbamare salt blend is a good store-bought alternative.)

Condiments, Dressings & Sauces:

Dijon mustard, gluten-free, 1 teaspoon

Ranch Dressing (p. 120), ½ cup

Note: If you do not have premade dressing on hand, you will need ½ cup raw cashews, ½ cup extra-virgin olive oil, ½ lemon, 1 tablespoon apple cider vinegar, ½ teaspoon dried dill weed, ½ teaspoon onion powder, ½ teaspoon fine sea salt, and 1 small clove garlic.

salad dressing of choice, enough for lunch salads on 2 days (see pp. 120 to 125 for ingredients)

Miscellaneous Items:

apple cider vinegar, about ½ cup

Cappello's grain-free lasagna noodles, 12-ounce package, or 12 ounces butternut squash noodles (from 1 large butternut squash)

chips cooked in coconut or avocado oil, 3 (5-ounce) bags

coconut aminos, 1 tablespoon, plus more for dipping

coffee, enough to make 4 cups brewed, or 4 dandelion tea bags

cooking sherry, 2 tablespoons

pumpkin puree, 2 (15-ounce) cans, or 1 (4-pound) pumpkin (to make homemade puree)

raisins, ½ cup (optional; for bagels)

roasted red peppers, 1 cup

strained tomatoes, 4 cups

sun-dried tomatoes, ½ cup

white rice, 2 cups cooked, for Veggie Burritos, or 1 small head cauliflower (enough to make 2 cups cooked cauli-rice)

winter: week 2

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
breakfast	 Pumpkin Cinnamon Rolls* p. 168		 Coconut Porridge X4 p. 178	 Coconut Yogurt* with nuts and berries p. 182		 Best-Ever Pancakes p. 158
lunch	 mixed green salad tossed with dressing of choice and Crepes** p. 157	 Funa Salad Wraps**** with chips p. 228		 Spinach & Artichoke Dip**** X2 p. 237 with Crackers X2 and deli meat p. 282	 Yellow Pepper Baked Eggs X2 p. 191 and Perfect Crispy Potatoes p. 184	
dinner	 Faux Rotisserie Chicken with Potatoes*** p. 296	 Chicken & Mushroom Alfredo p. 250	 Spaghetti with Turkey Meatballs@ p. 266		 Swedish Meatballs p. 324 and Green Bean Casserole p. 244	

* *Make ahead.*

** *Optional: On Sunday morning, put 2 cans of coconut milk in the fridge to chill for making Whipped Coconut Cream for the crepes.*

*** *On Monday morning, put the ingredients for the Faux Rotisserie Chicken with Potatoes in the slow cooker.*

**** *On Monday evening, soak the sunflower seeds for the Funa Salad. On Wednesday evening, Soak the cashews for the Spinach & Artichoke Dip.*

@ *Double the noodles and sauce for the Spaghetti with Turkey Meatballs.*

X2 = *Make a double batch.*

X4 = *Make a quadruple batch.*

shopping list

Produce:

carrots, 2 large
celery roots (celeriac), 2
celery stalks, 6
collard greens, 8 large leaves
mushrooms, 24 ounces
parsley, fresh, 1 bunch
red onion, 1
rosemary, fresh, 3 sprigs
russet potatoes, 4 to 4½ pounds
salad fixings for lunch salads on 1 day: 1 head lettuce plus additional fixings of choice, such as cucumber, cherry tomatoes, and mushrooms
yellow bell peppers, 2 large
yellow onions, 4
zucchini, 2½ pounds, or 4 (9-ounce) packages Cappello's fettuccine
berries of choice, 1 pint, for topping yogurt, plus more for topping porridge and/or crepes (optional)
lemons, 2

Frozen Produce:

green beans, frozen, 2½ pounds (40 ounces)
spinach, frozen, 2 (10-ounce) packages

Meat & Broth:

bacon, 4 slices
breakfast sausage, 8 ounces precooked or 12 ounces raw (optional; for serving with Saturday lunch)
chicken, whole, 3 to 4 pounds
chicken breast, boneless and skinless, 1 pound
deli meat of choice, nitrate-free, for Thursday and Friday lunch, 2 pounds
ground beef, 1 pound
ground pork, 1 pound
ground turkey, 2 pounds
chicken broth (p. 131), 2½ cups

Eggs & Milk:

eggs, 1½ dozen large
almond milk, unsweetened, 1 cup
almond milk, unsweetened, or full-fat coconut milk, 3 cups
cashew milk (p. 143) or full-fat coconut milk, 3½ cups
coconut milk, full-fat, 3½ (13½-ounce) cans, plus ½ cup (if making frosting for cinnamon rolls), plus 1 can (if making Nut-Free “Cheese” Base for Chicken & Mushroom Alfredo), plus 2 cans (if making Whipped Coconut Cream to serve with crepes)
Hazelnut Coffee Creamer (p. 114), 2 tablespoons (optional)

Note: To make, you will need 8 ounces (1¼ cups) blanched hazelnuts and 2 soft pitted Medjool dates.

Nuts & Seeds:

cashews, raw, 1 cup, plus 1½ cups if making “Cheese” Base with Cashews for Chicken & Mushroom Alfredo
macadamia nuts, raw, up to ¾ cup (if making frosting for cinnamon rolls)
nuts of choice, raw, about 2 cups (for topping yogurt)
sunflower seeds, raw, 1½ cups

Fats & Oils:

avocado oil, 1½ teaspoons
bacon fat, 3 tablespoons
coconut oil, about ¾ cup, plus more for cooking
ghee, about ½ cup, plus more for cooking and topping porridge
ghee or avocado oil, ¼ cup
ghee or coconut oil, 2 tablespoons, plus more for cooking

Sweeteners:

coconut sugar, ½ cup, plus more for topping porridge (optional)
honey, ¼ cup, plus 2 tablespoons if making frosting for cinnamon rolls, plus 2 tablespoons if making Whipped Coconut Cream to serve with crepes
liquid vanilla stevia, up to ½ teaspoon
maple syrup, 1 tablespoon, plus more for serving with pancakes

Flours & Baking Mixes:

almond flour, $\frac{3}{4}$ cup, or $\frac{1}{3}$ cup
coconut flour

almond or cashew flour, 2 cups
arrowroot or tapioca
flour, 2 tablespoons, plus 2
tablespoons if making Nut-Free
“Cheese” Base for Chicken &
Mushroom Alfredo

Coconut Porridge Mix (p. 112),
3 cups

*Note: If you do not have
premade mix on hand,
you will need $\frac{1}{4}$ cup plus 1
tablespoon golden flax seeds,
5 cups unsweetened shredded
coconut, $\frac{1}{2}$ teaspoon ground
cinnamon, and $\frac{1}{4}$ teaspoon
fine sea salt.*

Pancake & Muffin Mix (p. 133),
about $2\frac{1}{3}$ cups

*Note: If you do not have
premade mix on hand, you
will need $3\frac{1}{4}$ cups (410 g)
coconut flour, $3\frac{1}{4}$ cups (406
g) arrowroot or tapioca flour,
 $2\frac{3}{4}$ cups (306 g) almond
or cashew flour, and 2
tablespoons (36 g) baking
soda.*

Pizza & Bread Mix (p. 133), 2 cups

*Note: If you do not have
premade mix on hand, you
will need $3\frac{1}{4}$ cups (410 g)
coconut flour, $3\frac{1}{4}$ cups (406
g) arrowroot or tapioca flour,
just under 2 tablespoons (30
g) baking soda, 1 tablespoon
plus 2 teaspoons (14 g)
psyllium husk powder, and 1
tablespoon plus $\frac{1}{2}$ teaspoons
(30 g) fine sea salt.*

Spices:

ground allspice, 1 teaspoon
ground cinnamon, $\frac{1}{2}$
teaspoons, plus more for
topping porridge (optional)

dill weed, dried, 2 teaspoons
garlic powder, $\frac{1}{2}$ tablespoons
Italian seasoning, about $\frac{1}{3}$ cup
onion powder, 1 tablespoon

Everyday Seasoning (p. 117),
about 2 tablespoons

*Note: If you do not have
premade seasoning on hand,
you will need 2 tablespoons
onion powder, 2 tablespoons
garlic powder, 2 tablespoons
fine sea salt, 1 tablespoon
smoked paprika, and
1 teaspoon chili powder.*

Pumpkin Spice Blend (p. 118),
 $\frac{1}{2}$ teaspoons

*Note: If you do not have
premade seasoning on hand,
you will need $\frac{1}{4}$ cup ground
cinnamon, 2 tablespoons
ginger powder, 2 teaspoons
ground cloves or allspice, and
2 teaspoons ground nutmeg.*

Salt Blend (p. 117), about $1\frac{1}{2}$
tablespoons

*Note: If you do not have
premade seasoning on hand,
you will need $\frac{1}{4}$ cup leek
flakes or $2\frac{3}{4}$ teaspoons celery
seeds, $2\frac{1}{2}$ tablespoons fine
sea salt, 1 tablespoon herbes
de Provence, 1 teaspoon onion
powder, and $\frac{1}{2}$ teaspoon
garlic powder. (Herbamare
salt blend is a good store-
bought alternative.)*

Condiments, Dressings & Sauces:

mayonnaise, Paleo-friendly,
about $\frac{2}{3}$ cup

salad dressing of choice,
enough for lunch salads on
1 day (see pp. 120 to 125 for
ingredients)

Miscellaneous Items:

almond or lemon extract
(optional; for yogurt)

apple cider vinegar, about $\frac{1}{3}$ cup
baking soda, 1 teaspoon

Cappello's fettuccine, 4
(9-ounce) packages, or $2\frac{1}{2}$
pounds zucchini

chips cooked in coconut or
avocado oil, 2 (5-ounce) bags

Crackers (p. 282), double batch
(for serving with Spinach &
Artichoke Dip)

*Note: To make, you will
need just under 2 cups (276
g) Scone & Pie Crust Mix
(p. 133), $\frac{1}{2}$ cup ghee or palm
shortening, 2 tablespoons
apple cider vinegar, and 2
teaspoons Italian seasoning.*

gelatin, grass-fed, 1 tablespoon
plus 1 teaspoon, or $\frac{1}{2}$
teaspoons agar powder

marinated artichokes, 2
(6½-ounce) jars

pickle relish, naturally
fermented, $\frac{1}{3}$ cup

probiotic capsules, dairy-free,
equal to about 35 million active
cultures

psyllium husk powder, 1
tablespoon plus 1 teaspoon

pumpkin puree, $\frac{1}{4}$ cups (from
one 15-ounce can)

raisins, for topping porridge
(optional)

dried seaweed, ground,
 $\frac{1}{2}$ teaspoon (optional)

strained tomatoes, 8 cups
(from three 24-ounce jars)

vanilla bean, 1

vanilla extract, 1 teaspoon
(optional; for Whipped Coconut
Cream)