

# COOK ONCE *eat* **ALL WEEK**

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26 weeks of gluten-free, affordable  
meal prep to preserve your time & sanity

## SHOPPING LIST

Cassy Joy Garcia, NC

VICTORY BELT PUBLISHING INC.  
Las Vegas



# SHREDDED CHICKEN, BROCCOLI, and RICE



## Weekly Ingredients

### FRESH PRODUCE

Avocado, 1  
 Broccoli, 3 medium heads (about 2 pounds), or 1½ pounds precut florets  
 Carrots, 2 medium  
 Cilantro, 12 sprigs  
 Garlic, 5 cloves  
 Ginger, 1 (1½-inch) piece  
 Green onions, 1 bunch  
 Limes, 1½  
 Onion, yellow, 1

### FROZEN FOODS

Yellow corn, 8 ounces (1 cup)

### MEAT

Bacon, 10 strips (about 12 ounces)  
 Chicken breasts, boneless, skinless, 5 pounds

### DAIRY/EGGS

Butter, salted, 1 tablespoon  
 Eggs, 2 large  
 Sour cream, 4 ounces (½ cup)

### PANTRY

Avocado oil or ghee, 2 tablespoons plus 2 teaspoons  
 BBQ sauce, store-bought or homemade (page 373), 12 fluid ounces (1½ cups)  
 Chicken broth, 40 fluid ounces (5 cups)  
 Coconut aminos, Coconut Secret brand, 2⅔ fluid ounces (⅓ cup) (see sidebar below)  
 Diced green chilis, hot or mild, 1 (4-ounce) can  
 Extra-virgin olive oil, 2 teaspoons  
 Toasted sesame oil, 2 teaspoons  
 White beans, 1 (15-ounce) can  
 White rice, 20 ounces (3 cups)

### SEASONINGS

Garlic powder, 1 teaspoon  
 Ground cumin, ½ teaspoon  
 Dried oregano leaves, 1 teaspoon  
 Red pepper flakes, ½ teaspoon

### Ingredient Subs

#### To make this week **LOW-CARB**:

- Omit the corn and white beans.
- Use a low-carb BBQ sauce.
- Replace the white rice with 3 medium heads cauliflower (5 to 6 pounds total) or 3 (12-ounce) bags frozen riced cauliflower.

#### To make this week **PALEO**:

- Use the substitutions listed below for making the week grain-free and dairy-free and omit the beans.

#### To make this week **GRAIN-FREE**:

- Omit the corn.
- Replace the white rice with 3 medium heads cauliflower (5 to 6 pounds total) or 3 (12-ounce) bags frozen riced cauliflower.

#### To make this week **DAIRY-FREE**:

- Replace the butter with avocado oil.
- Replace the sour cream with 1 (13½-ounce) can full-fat coconut milk.

### About Coconut Aminos

When it comes to coconut aminos, I'm a big fan of the brand Coconut Secret. I've tried a few different coconut aminos on the market and keep coming back to this brand. Others tend to be saltier, which can really impact the final flavor of a dish or sauce, especially when a large quantity of coconut aminos is used and/or reduced (as when making the Teriyaki Sauce on page 373). For this reason, I specify the Coconut Secret brand of coconut aminos in the Weekly Ingredients lists to ensure the best results when making the recipes in this book.

WEEK

02



# GROUND BEEF, ZUCCHINI, and MUSHROOMS



## Weekly Ingredients

### FRESH PRODUCE

Cauliflower, 1 large head (about 3 pounds), or 18 ounces frozen riced cauliflower

Cilantro, ½ small bunch

Garlic, 6 cloves

Lemon, 1 small

Lime, 1

Onion, white, 1

Sliced baby bella (aka cremini) mushrooms, 16 ounces

Spinach, 8 ounces

Zucchini, 6 medium (about 2½ pounds) and 3 large (about 1½ pounds)

### MEAT/DAIRY

Butter, salted, 1 tablespoon

Cream cheese, 1 (8-ounce) package

Ground beef, 5 pounds

Shredded Mexican cheese blend, 2 ounces (½ cup)

Sour cream, 6 ounces (¾ cup)

### PANTRY

Artichoke hearts, quartered, 1 (14-ounce) can

Chicken broth, 16 fluid ounces (2 cups)

Coconut aminos, Coconut Secret brand, 1 tablespoon

Dijon mustard, 1 tablespoon

Extra-virgin olive oil, 2 fluid ounces (¼ cup)

Tomato paste, 1 tablespoon

Tomato sauce, 1 (8-ounce) can

### SEASONINGS

Chili powder, 1 tablespoon

Dried oregano leaves, 1 teaspoon

Dried parsley, 1 teaspoon

Garlic powder, ½ teaspoon

Ground cumin, 1 teaspoon

Italian seasoning, 2 tablespoons

Red pepper flakes, ½ teaspoon (optional)

### Ingredient Subs

To make this week **PALEO** and/or **DAIRY-FREE**:

- Replace the butter with ghee or oil of choice.
- Use dairy-free cream cheese-style spread (such as Kite Hill brand) in place of the cream cheese.
- Use the cream from 2 (13½-ounce) cans of full-fat coconut milk in place of the sour cream.
- Omit the cheese.

WEEK

03

LOW  
CARB

P



# ROASTED CHICKEN and CAULIFLOWER

## Weekly Ingredients

### FRESH PRODUCE

Avocados, 4 medium

Cauliflower, 3 medium heads  
(1½ to 2 pounds each), or  
3 pounds precut florets

Green onions, 4

### MEAT/DAIRY

Bacon, 10 strips (about 12 ounces)

Butter, salted, 2 tablespoons

Chickens, 2 whole (4 to 5 pounds each)

Shredded cheddar cheese,  
6 ounces (1½ cups)

Sour cream, 2 ounces (¼ cup)

### PANTRY

Avocado oil, 2 tablespoons

Avocado oil mayonnaise, store-  
bought or homemade (page 372), 3  
tablespoons

Balsamic vinegar, 2 fluid ounces (¼  
cup)

Coconut aminos, Coconut Secret  
brand, 1 tablespoon

Dijon mustard, 1 tablespoon

Extra-virgin olive oil, 4 fluid ounces (½  
cup)

Medium-hot hot sauce, such as Frank's  
RedHot, 2½ fluid ounces (⅓ cup)

### SEASONINGS

Dried parsley, 1 teaspoon

Garlic powder, 1 teaspoon

Italian seasoning, 1 tablespoon



### Ingredient Subs

**To make this week PALEO  
and/or DAIRY-FREE:**

• Replace the butter with ghee or oil of  
choice.

• Omit the cheese.

• Replace the sour cream with cream  
from a can of full-fat coconut milk.

**To make this week EGG-FREE:**

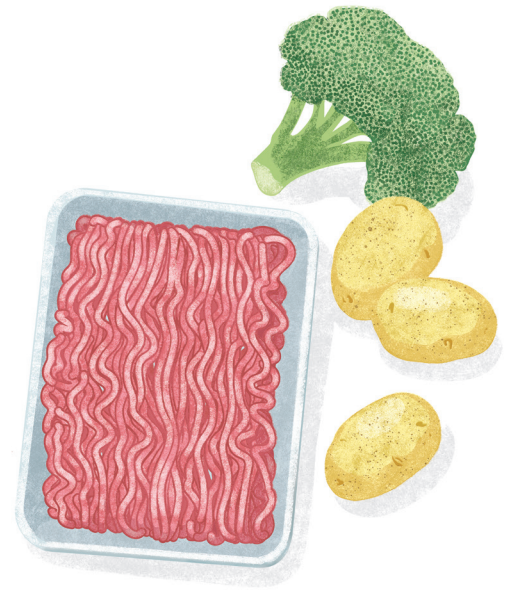
• Replace the avocado oil mayo with  
butter or oil of choice.

WEEK

04



# GROUND BEEF, BROCCOLI, and YUKON GOLD POTATOES



## Weekly Ingredients

### FRESH PRODUCE

Avocado, 1 small (optional)  
Broccoli, 3 medium heads (about 2 pounds), or about 1½ pounds precut florets  
Butter lettuce, 1 head (optional)  
Cilantro, 10 sprigs  
Flat-leaf parsley, 8 sprigs (optional)  
Garlic, 2 cloves  
Onion, white, 1 small  
Tomato, 1 (or 4 cherry tomatoes)  
Yukon gold potatoes, 5 pounds

### FROZEN FOODS

Peas and carrots, 1 (10-ounce) package

### MEAT/DAIRY

Bacon, 4 strips  
Butter, salted, 2 ounces (¾ cup)  
Ground beef, 5 pounds  
Heavy cream, 2 fluid ounces (¾ cup)  
White cheddar cheese or other semi-firm cheese of choice, 4 slices

### PANTRY

Beef broth, 4 fluid ounces (½ cup)  
Coconut aminos, Coconut Secret brand, 1½ teaspoons  
Corn tortillas (about 6 inches in diameter), 8  
Dijon mustard, 1½ teaspoons  
Extra-virgin olive oil, 3 tablespoons plus 1 teaspoon  
Red wine, 8 fluid ounces (1 cup)  
Tomato paste, 1 (6-ounce) can  
Tomato sauce, 1 (8-ounce) can

### SEASONINGS

Chili powder, 1 tablespoon  
Dried oregano leaves, 1 teaspoon  
Garlic powder, 1½ teaspoons  
Ground cumin, 2 teaspoons  
Italian seasoning, 1 tablespoon  
Onion powder, 1 teaspoon

### Ingredient Subs

#### To make this week PALEO:

• Use the substitutions listed below for making the week grain-free and dairy-free.

#### To make this week GRAIN-FREE:

• Use grain-free tortillas in place of the corn tortillas.

#### To make this week DAIRY-FREE:

• Use extra-virgin olive oil in place of the butter.  
• Use full-fat coconut milk in place of the heavy cream.  
• Omit the cheese.

WEEK

05



# BAKED CHICKEN BREAST, TOMATOES, and RICE

## Weekly Ingredients

### FRESH PRODUCE

Bell pepper, green, 1  
Bell pepper, red, 1  
Cilantro, 1 small bunch  
Flat-leaf parsley, 8 sprigs (optional)  
Garlic, 5 cloves  
Jalapeño pepper, ½  
Lemons, 2½  
Limes, 3  
Onion, yellow, 1  
Tomatoes, 2 medium

### MEAT/DAIRY

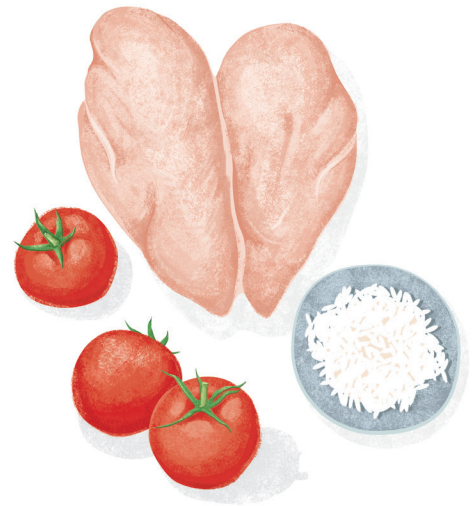
Andouille sausage, 12 ounces  
Butter, salted, 3 tablespoons  
Chicken breasts, boneless, skinless, 5 pounds  
Shredded Mexican cheese blend, 4 ounces (1 cup)  
Shredded Parmesan cheese, 1½ ounces (½ cup)  
Sour cream, 4 ounces (½ cup)

### PANTRY

Chicken broth, 2 fluid ounces (¾ cup)  
Crushed tomatoes, 1 (28-ounce) can  
Extra-virgin olive oil, 2 tablespoons  
Gluten-free noodles, 1 (9-ounce) package  
Green chilis, whole, 1 (10-ounce) can  
Pork rinds, ½ (5-ounce) package  
White rice, 13 ounces (2 cups)

### SEASONINGS

Dried oregano leaves, 1 teaspoon  
Dried parsley, 1 tablespoon plus 1 teaspoon  
Garlic powder, 2 teaspoons  
Ground cumin, 1 teaspoon  
Italian seasoning, 1 tablespoon  
Paprika, ½ teaspoon



### Ingredient Subs

#### To make this week **LOW-CARB** and/or **GRAIN-FREE**:

- Replace the gluten-free noodles with 6 medium zucchini and add 2 teaspoons oil of choice.
- Replace the white rice with 2 medium heads cauliflower (about 4 pounds) or 2 (12-ounce) packages frozen riced cauliflower and add 1½ tablespoons extra-virgin olive oil.

#### To make this week **PALEO**:

- Make the substitutions listed above for making the week low-carb and/or grain-free and below for making it dairy-free.

#### To make this week **DAIRY-FREE**:

- Replace the butter with avocado oil.
- Omit the cheeses.
- Replace the sour cream with cream from a can of full-fat coconut milk.



WEEK

06



# GROUND CHICKEN, BELL PEPPERS, and RICE

## Weekly Ingredients

### FRESH PRODUCE

Avocado, 1  
Bell peppers, red, 4  
Butter lettuce, 1 head  
Cilantro, 1 small bunch  
Garlic, 2 cloves  
Green onions, 1 large bunch  
Limes, 5  
Onion, red, ½ small  
Onion, yellow, 1

### MEAT/DAIRY

Butter, salted, 2 tablespoons  
Ground chicken, 5 pounds

### PANTRY

Avocado oil, 1 tablespoon  
Chicken broth, 4 fluid ounces (½ cup)  
Coconut aminos, Coconut Secret brand, 2 fluid ounces (¼ cup)  
Fish sauce, ¼ teaspoon  
Ghee or avocado oil, 1 tablespoon  
Honey, 3 ounces (¾ cup)  
Sriracha sauce, 2 fluid ounces (¼ cup)  
White rice, 13 ounces (2 cups)

### SEASONINGS

Chili powder, 2 teaspoons  
Curry powder, 1 tablespoon  
Dried oregano leaves, 1 teaspoon  
Garlic powder, 1 teaspoon  
Ginger powder, ½ teaspoon  
Ground cumin, 1 teaspoon



### Ingredient Subs

#### To make this week PALEO:

• Use the substitutions listed below for making the week grain-free and dairy-free.

#### To make this week GRAIN-FREE:

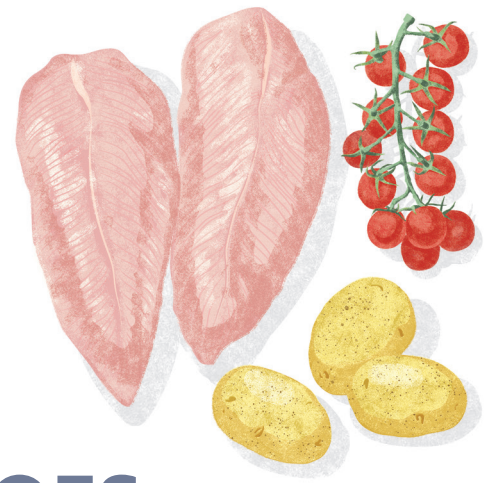
• Replace the white rice with 2 medium heads cauliflower (about 4 pounds total) or 2 (12-ounce) bags frozen riced cauliflower and add 1½ tablespoons extra-virgin olive oil.

#### To make this week DAIRY-FREE:

• Substitute ghee or oil of choice for the butter.



# TURKEY BREAST TENDERLOINS, CHERRY TOMATOES, and YUKON GOLD POTATOES



## Weekly Ingredients

### FRESH PRODUCE

Basil, 1 ounce  
Bell pepper, green, ½  
Cherry tomatoes, 2½ pints  
Flat-leaf parsley, 8 sprigs  
Garlic, 3 cloves  
Green onions, 2  
Onion, white, ½ medium  
Sliced baby bella (aka cremini) mushrooms, 4 ounces  
Yukon gold potatoes, 3 pounds

### MEAT/DAIRY

Bacon, 6 strips  
Butter, salted, 6 ounces (1½ sticks)  
Cheddar cheese, white (or other semi-hard cheese of choice), 8 slices  
Heavy cream, 2 fluid ounces (¾ cup)  
Shredded mozzarella cheese, 4 ounces (1 cup)  
Sliced pepperoni, 2 ounces  
Turkey breast tenderloins, 5 pounds

### PANTRY

Black olives, sliced, 2 tablespoons  
Bread, gluten-free, 8 slices  
Chicken broth, 8 fluid ounces (1 cup)  
Extra-virgin olive oil, 2¼ fluid ounces (4½ tablespoons)  
Medium-hot hot sauce, such as Frank's RedHot, 2½ fluid ounces (⅓ cup)  
Ranch dressing, store-bought or homemade (page 372), 4 fluid ounces (½ cup)

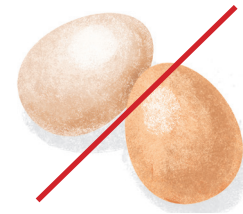
### SEASONINGS

Red pepper flakes, ½ teaspoon

### Ingredient Subs

To make this week EGG-FREE:

• Use an egg-free ranch dressing.





WEEK

08



# GROUND BEEF, CARROTS, and RICE

## Weekly Ingredients

### FRESH PRODUCE

Avocado, 1  
Carrots, 1½ pounds  
Cilantro, ⅓ bunch  
Green onions, 1½ bunches  
(about 10 onions)  
Jalapeño pepper, 1  
Limes, 1½  
Onion, red, 1 small  
Romaine lettuce, ½ head  
Tomato, 1

### MEAT/EGGS

Bacon, 8 strips (about 9½ ounces)  
Eggs, large, 5  
Ground beef, 5 pounds

### PANTRY

Avocado oil mayonnaise, store-bought  
or homemade (page 372), 4 fluid  
ounces (½ cup)  
BBQ sauce, store-bought or  
homemade (page 373), 6 fluid ounces  
(¾ cup)  
Coconut aminos, Coconut Secret  
brand, 1 (8-ounce) bottle  
Extra-virgin olive oil, 1 tablespoon  
Fish sauce, ½ teaspoon

Ghee or avocado oil, 1 tablespoon  
Mild diced tomatoes and green chilis, 1  
(10-ounce) can  
Sriracha sauce, 2 tablespoons  
Toasted sesame oil, 2 teaspoons  
Unseasoned rice wine vinegar,  
1 tablespoon  
Vinegar, apple cider, white wine, or red  
wine, 16 fluid ounces (2 cups)  
White rice, 20 ounces (3 cups)

### SEASONINGS

Black peppercorns, 1 teaspoon  
Chili powder, 1 tablespoon  
Dried oregano leaves, 1 teaspoon  
Dried parsley, 1 teaspoon  
Garlic powder, 1½ teaspoons  
Ginger powder, ½ teaspoon  
Ground cumin, 1 teaspoon  
Onion powder, 1 teaspoon  
Red pepper flakes, ¼ teaspoon  
Sesame seeds, 1 teaspoon



### Ingredient Subs

#### To make this week **LOW-CARB**:

- Use a low-carb BBQ sauce.
- Replace the white rice with 3 medium heads cauliflower (5 to 6 pounds total) or 3 (12-ounce) bags frozen riced cauliflower and add 3 tablespoons extra-virgin olive oil.
- Make the Low-Carb Teriyaki Sauce on page 373.

#### To make this week **PALEO**:

- Use the homemade BBQ sauce on page 373.
- Replace the white rice with 3 medium heads cauliflower (5 to 6 pounds total) or 3 (12-ounce) bags frozen riced cauliflower and add 3 tablespoons extra-virgin olive oil.

#### To make this week **GRAIN-FREE**:

- Replace the white rice with 3 medium heads cauliflower (5 to 6 pounds total) or 3 (12-ounce) bags frozen riced cauliflower and add 3 tablespoons extra-virgin olive oil.

#### To make this week **EGG-FREE**:

- Omit the eggs and substitute vegan mayo for the avocado oil mayonnaise.

WEEK

09



# BAKED CHICKEN BREAST, KALE, and CORN



## Weekly Ingredients

### FRESH PRODUCE

Avocado, 1  
Bell peppers, red, 2  
Chives, 4  
Corn, 6 large ears (or use 24 ounces frozen corn kernels)  
Flat-leaf parsley, 1 small bunch  
Garlic, 3 cloves  
Green onion, 1 large  
Lacinato (aka dinosaur) kale, 2 bunches  
Lemon, 1 small  
Limes, 2  
Onion, red, 1  
Tarragon, ¼ ounce

### MEAT/DAIRY

Bacon, 10 strips (about 12 ounces)  
Butter, salted, 2 tablespoons  
Chicken breasts, boneless, skinless, 5 pounds  
Cotija cheese, 1 ounce (¼ cup crumbled)  
Shredded cheddar cheese, 2 ounces (½ cup)  
Sour cream, 2 ounces (½ cup)

### PANTRY

Avocado oil mayonnaise, store-bought or homemade (page 372), 10 fluid ounces (1¼ cups)  
Extra-virgin olive oil, 1 teaspoon  
Corn tortillas, miniature (about 4½ inches in diameter), 12, or regular-size (about 6 inches in diameter), 8

### SEASONINGS

Chili powder, ½ teaspoon  
Chipotle chili powder, ¼ teaspoon  
Garlic powder, ½ teaspoon  
Paprika, ½ teaspoon

### Ingredient Subs

To make this week **DAIRY-FREE**:

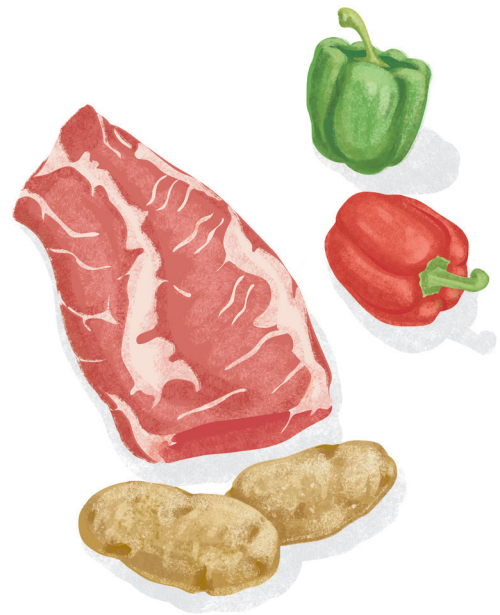
- Replace the butter with avocado oil.
- Omit the cheeses.
- Substitute the cream from a can of full-fat coconut milk for the sour cream.

WEEK

10



# BRISKET, BELL PEPPERS, and RUSSET POTATOES



## Weekly Ingredients

### FRESH PRODUCE

Bell peppers, green, 2  
Bell peppers, red, 2  
Cucumber, 1 medium  
Garlic, 1 clove  
Grape tomatoes, 5 ounces (about ½ pint or 1 cup)  
Lemons, 2  
Onion, red, ½ small  
Onions, yellow, 2  
Romaine lettuce, 1 head  
Russet potatoes, 3 pounds

### MEAT/DAIRY

Brisket, 1 (6 to 7 pounds)  
Feta cheese, 1 ounce (¼ cup crumbled)  
Greek yogurt, plain, full-fat, 6 ounces (¾ cup)  
Provolone cheese, 8 or more slices

### PANTRY

Arrowroot powder, 1 teaspoon  
Avocado oil or other oil of choice, 2 tablespoons

Beef broth, 8 to 16 fluid ounces (1 to 2 cups, depending on brisket cooking method)

Chicken broth, 4 fluid ounces (½ cup)

Coconut aminos, Coconut Secret brand, 4 fluid ounces (½ cup)

Extra-virgin olive oil, 5¾ fluid ounces (½ cup plus 3½ tablespoons)

Kalamata olives, pitted, 3 ounces (½ cup)

Red wine vinegar, 2 fluid ounces (¼ cup)

Toasted sesame oil, 1 teaspoon

Unseasoned rice wine vinegar, 1½ teaspoons

White rice, 10 ounces (1½ cups)

### SEASONINGS

Dried basil, 1 tablespoon  
Dried oregano leaves, 1 tablespoon  
Dried parsley, 2 teaspoons  
Garlic powder, 2 teaspoons  
Ginger powder, ½ teaspoon  
Red pepper flakes, ½ teaspoon

### Ingredient Subs

#### To make this week PALEO:

• Use the substitutions listed below for making the week grain-free and dairy-free.

#### To make this week GRAIN-FREE:

• Replace the white rice with 1 large head cauliflower (about 3 pounds) or 18 ounces frozen riced cauliflower and add 1 tablespoon extra-virgin olive oil.

#### To make this week DAIRY-FREE:

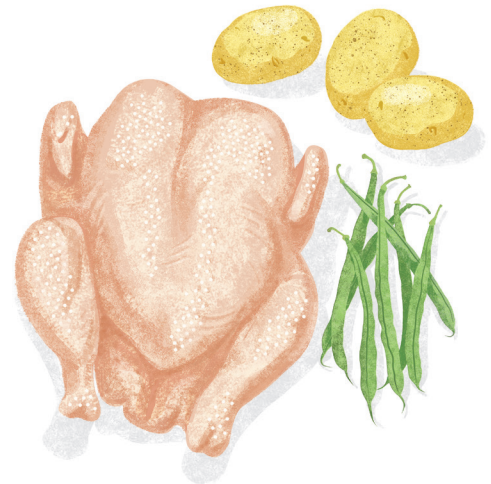
• Omit the cheeses.  
• Substitute plain, unsweetened dairy-free Greek-style yogurt (such as Kite Hill brand) for the Greek yogurt.

WEEK

11



# ROASTED CHICKEN, GREEN BEANS, and YUKON GOLD POTATOES



## Weekly Ingredients

### FRESH PRODUCE

Chives, 3 (optional)  
Flat-leaf parsley, 8 sprigs  
Garlic, 6 cloves  
Green beans, 1 pound  
Lemons, 2 medium and 2 small  
Onion, yellow, 1  
Yukon gold potatoes, 4 pounds

### FROZEN FOODS

Peas, 2½ ounces (½ cup)

### MEAT/DAIRY

Bacon, 8 strips (about 9½ ounces)  
Butter, salted, 3½ ounces  
(7 tablespoons)  
Chickens, whole, 2 (4 to 5 pounds  
each)  
Whole milk, 2⅔ fluid ounces  
(⅔ cup)

### PANTRY

Arrowroot powder, 1 tablespoon  
Avocado oil, 2 fluid ounces  
(¾ cup)  
Chicken broth, 12 fluid ounces  
(1½ cups)  
Coconut aminos, Coconut Secret  
brand, 1 tablespoon  
Coconut sugar, 2½ tablespoons  
Extra-virgin olive oil,  
3 tablespoons  
Pork rinds, 1 (2½-ounce) package  
Ranch dressing, store-bought or  
homemade (page 372), 8 fluid ounces  
(1 cup)  
White wine, 8 fluid ounces (1 cup)

### SEASONINGS

Garlic powder, ½ teaspoon  
Ginger powder, ½ teaspoon  
Sesame seeds, 1 teaspoon

### Ingredient Subs

#### To make this week PALEO and/or DAIRY-FREE:

- Substitute ghee, avocado oil, or other fat of choice for the butter.
- Use full-fat coconut milk in place of the whole milk.
- Use a dairy-free ranch dressing.

#### To make this week EGG-FREE:

- Use an egg-free ranch dressing. If making homemade, use vegan mayo.

WEEK

12



# SHREDDED BEEF, COLLARD GREENS, and ACORN SQUASH

## Weekly Ingredients



### FRESH PRODUCE

Acorn squash, 4 medium  
Basil, 1 ounce  
Cilantro, 10 sprigs  
Collard greens, 2 bunches  
Cranberries, 4 ounces (1 cup)  
(or use frozen cranberries)  
Lemons, 1½  
Limes, 2  
Onions, yellow, 3 large  
Thyme, 4 sprigs

### MEAT/DAIRY

Butter, salted, 2 tablespoons  
Chuck roast, 1 (5 to 6 pounds)  
Heavy cream, 4 fluid ounces  
(½ cup)  
Shredded Parmesan cheese,  
1½ ounces (½ cup)

### PANTRY

Avocado oil mayonnaise, store-bought  
or homemade (page 372), 4 fluid  
ounces (½ cup)  
Chicken broth, 8 fluid ounces  
(1 cup)  
Coconut aminos, Coconut Secret  
brand, 1 tablespoon  
Coconut milk, full-fat, 8 fluid ounces  
(1 cup)  
Crushed tomatoes, 1 (28-ounce) can  
Extra-virgin olive oil,  
1½ tablespoons  
Ghee, 2 tablespoons  
Red curry paste, 1 (4-ounce) jar  
Vodka, 4 fluid ounces (½ cup)

### SEASONINGS

Garlic powder, ¾ teaspoon  
Ginger powder, ¼ teaspoon  
Italian seasoning, 1 teaspoon  
Red pepper flakes, ¼ teaspoon

### Ingredient Subs

**To make this week PALEO  
and/or DAIRY-FREE:**

- Substitute ghee or another fat for the butter.
- Use canned full-fat coconut milk in place of the heavy cream.
- Omit the Parmesan cheese.

**To make this week EGG-FREE:**

- Use vegan mayo in place of egg-based mayonnaise.





# BAKED CHICKEN BREAST, BELL PEPPERS, and SPAGHETTI SQUASH

## Weekly Ingredients

### FRESH PRODUCE

Bell peppers, red, 4  
 Cucumber, 1 medium  
 Flat-leaf parsley, 12 sprigs  
 Garlic, 5 cloves  
 Green cabbage, ¼ head (or 1 cup  
 preshredded cabbage)  
 Green onions, 2  
 Lemons, 2 small  
 Onions, white, 1 medium and  
 1 small  
 Pineapple chunks, 8 ounces  
 (1 cup) (or use frozen)  
 Romaine lettuce, 1 head  
 Sliced baby bella (aka cremini)  
 mushrooms, 8 ounces  
 Spaghetti squash, 2 (about  
 4½ pounds each)  
 Tomato, 1 large

### FROZEN FOODS

Peas, 4½ ounces (1 cup)

### MEAT/DAIRY

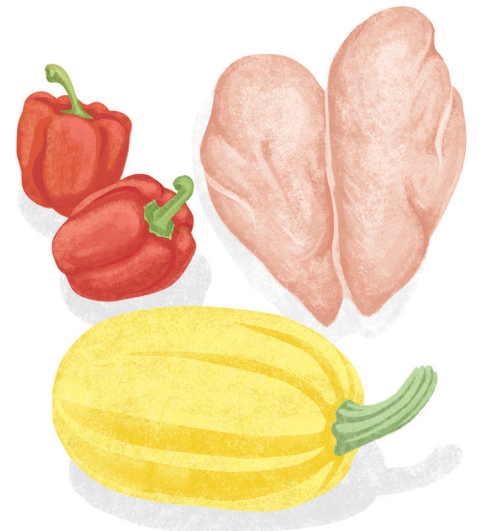
Butter, salted, 2 tablespoons  
 Chicken breasts, boneless, skinless, 5  
 pounds  
 Greek yogurt, plain, full-fat,  
 6 ounces (¾ cup)  
 Heavy cream, 4 fluid ounces (½ cup)

### PANTRY

Apple cider vinegar, 2 fluid ounces (¼  
 cup)  
 Arrowroot powder, 1½ teaspoons  
 Chicken broth, 21 fluid ounces  
 (2½ cups plus 2 tablespoons)  
 Coconut aminos, Coconut Secret brand,  
 10 fluid ounces (1¼ cups)  
 Coconut sugar, 2 tablespoons  
 Extra-virgin olive oil, 5 fluid ounces (½  
 cup plus 2 tablespoons) plus  
 1 teaspoon  
 Fish sauce, ½ teaspoon  
 Ghee or avocado oil, 2 tablespoons  
 Gluten-free flour blend,  
 2 tablespoons  
 Kalamata olives, pitted, 3 ounces (½ cup)  
 Pineapple juice, 4 fluid ounces  
 (½ cup)  
 Red wine vinegar, 2 fluid ounces (¼ cup)  
 Toasted sesame oil, 2 teaspoons  
 Unseasoned rice wine vinegar,  
 1 tablespoon  
 White rice, 6½ ounces (1 cup)

### SEASONINGS

Dried basil, 1 tablespoon  
 Dried oregano leaves, 1 tablespoon  
 Garlic powder, 1 teaspoon  
 Ginger powder, ½ teaspoon  
 Sesame seeds, 1 teaspoon



### Ingredient Subs

#### To make this week PALEO:

• Use the substitutions listed below for making the week grain-free and dairy-free.

#### To make this week GRAIN-FREE:

• Substitute 1 tablespoon arrowroot powder for the gluten-free flour blend. Omit the butter (you won't need it).  
 • Replace the white rice with 1 medium to large head cauliflower (about 2 pounds) or 1 (12-ounce) bag frozen riced cauliflower. Add 2 teaspoons extra-virgin olive oil.

#### To make this week DAIRY-FREE:

• Use ghee or another fat in place of the butter.  
 • Substitute plain, unsweetened dairy-free Greek-style yogurt (such as Kite Hill brand) for the Greek yogurt.  
 • Use full-fat coconut milk in place of the heavy cream.



WEEK

14



# SHREDDED BEEF, KALE, and POLENTA



## Weekly Ingredients

### FRESH PRODUCE

Cilantro, 4 sprigs  
Flat-leaf parsley, 8 sprigs (optional)  
Garlic, 3 cloves  
Lacinato (aka dinosaur) kale, 2 bunches  
Lemon,  $\frac{1}{2}$   
Limes, 3  
Onions, yellow, 3 large plus  $\frac{1}{2}$  medium  
Poblano peppers, 6  
Zucchini, 5 large

### MEAT/DAIRY

Butter, salted, 3 ounces ( $\frac{3}{4}$  stick)  
Chuck roast, 1 (5 to 6 pounds)  
Cotija cheese, 1 ounce  
Shaved Parmesan cheese, 1 ounce ( $\frac{1}{4}$  cup)  
Sour cream, full-fat, 4 ounces ( $\frac{1}{2}$  cup)

### PANTRY

Avocado oil, 2 tablespoons  
Balsamic vinegar, 2 tablespoons  
Canned chipotle pepper in adobo sauce, 1, plus 2 tablespoons sauce from the can  
Chicken broth, 32 fluid ounces (1 quart)  
Crushed tomatoes, 1 (28-ounce) can  
Extra-virgin olive oil, 2 tablespoons plus  $\frac{1}{2}$  teaspoon  
Polenta meal or corn grits, 9 ounces (1 $\frac{1}{2}$  cups)  
Red wine, 12 fluid ounces (1 $\frac{1}{2}$  cups)

### SEASONINGS

Ancho chili powder, 1 teaspoon  
Bay leaves, 2  
Dried basil, 2 teaspoons  
Dried oregano leaves, 2 teaspoons  
Dried thyme leaves, 1 $\frac{1}{2}$  teaspoons  
Garlic powder,  $\frac{1}{2}$  teaspoon  
Ground cumin, 1 teaspoon  
Onion powder,  $\frac{1}{2}$  teaspoon

### Ingredient Subs

To make this week **DAIRY-FREE**:

- Substitute  $\frac{1}{4}$  cup plus 2 tablespoons ghee or oil of choice for the butter.
- Omit the cheeses.
- Use avocado oil mayonnaise (or vegan mayo for egg-free) in place of the sour cream.

WEEK

15



# GROUND BEEF, SPINACH, and SPAGHETTI SQUASH



## Weekly Ingredients

### FRESH PRODUCE

Basil, 1 bunch (about 2 ounces)

Flat-leaf parsley, 16 sprigs

Garlic, 5 cloves

Grape tomatoes, 5 ounces  
(about ½ pint or 1 cup)

Lemons, 3

Onion, red, 1 small

Onion, white, 1

Spaghetti squash, 2 (about  
4½ pounds each)

Spinach, 1 pound

### FROZEN FOODS

Artichoke hearts, quartered,  
16 ounces

### MEAT/DAIRY

Feta cheese, 1 ounce (¼ cup crumbled)

Ground beef, 5 pounds

Shaved or shredded Parmesan cheese,  
1 ounce (¼ cup)

Shredded Parmesan cheese,  
2½ ounces (½ cup plus  
2 tablespoons)

### PANTRY

Crushed tomatoes, 1 (28-ounce) can

Extra-virgin olive oil, 6 fluid ounces (¾  
cup)

Kalamata olives, pitted, 3 ounces (½  
cup)

Red wine or beef broth, 4 fluid ounces  
(½ cup)

Walnut halves, raw, 2 ounces  
(½ cup)

### SEASONINGS

Dried basil, 2 tablespoons

Dried dill weed, 1 teaspoon

Dried oregano leaves,  
2 tablespoons

Dried parsley, 2½ teaspoons

Garlic powder, 1½ teaspoons

### Ingredient Subs

To make this week **PALEO**  
and/or **DAIRY-FREE**:

• *Omit the cheeses.*

WEEK

16



# SHREDDED PORK, KALE, and PLANTAINS

## Weekly Ingredients



### FRESH PRODUCE

Cilantro, ½ bunch

Garlic, 2 cloves

Lacinato (aka dinosaur) kale,  
2 bunches

Lemon, ½

Limes, 3

Onion, red, ¼

Pineapple tidbits, 8 ounces (1 cup) (or  
use frozen or canned in juice)

Plantains, 2 ripe (yellow with some  
brown spots) and 4 green

### MEAT/DAIRY

Pork shoulder, boneless, 1  
(5 pounds)

Sour cream, 6 ounces (¾ cup)

### PANTRY

Avocado oil, 3 fluid ounces  
(¾ cup plus 2 tablespoons)

Avocado oil mayonnaise, store-bought  
or homemade (page 372), 8 fluid  
ounces (1 cup)

Canned chipotle peppers in adobo  
sauce, 2

Chicken broth, 16 fluid ounces  
(2 cups)

Coconut oil, 3 ounces (¾ cup plus 2  
tablespoons)

Extra-virgin olive oil,  
1½ teaspoons

Salsa verde, 1 (16-ounce) jar

### SEASONINGS

Dried oregano leaves, 1 teaspoon

Ground cumin, 1 teaspoon

### Ingredient Subs

#### To make this week PALEO and/or DAIRY-FREE:

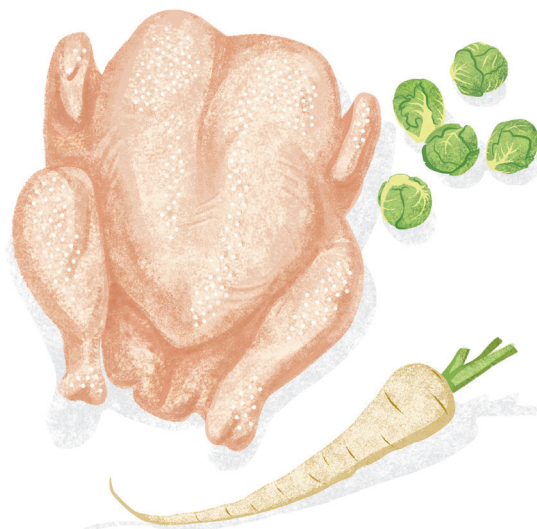
• Replace ½ cup of the sour cream  
with the cream from 1 (13½-ounce)  
can of full-fat coconut milk. Omit the  
remaining ¼ cup.

#### To make this week EGG-FREE:

• Use vegan mayo instead of egg-based  
mayonnaise.



# ROASTED CHICKEN, BRUSSELS SPROUTS, and PARSNIPS



## Weekly Ingredients

### FRESH PRODUCE

Bell peppers, red, 2  
Broccoli, 1 medium head (or  
8 ounces precut florets)  
Brussels sprouts, 1 pound  
Cilantro, 4 sprigs  
Flat-leaf parsley, 4 sprigs  
Garlic, 2 cloves  
Green onions, 2  
Onion, red, 1 small  
Onion, yellow, 1 small  
Parsnips, 2 pounds  
Snow peas, 6 ounces  
Yukon gold potatoes, 1 pound

### FROZEN FOODS

Peas and carrots, 5 ounces (1 cup)

### MEAT/DAIRY

Butter, salted, 6 ounces (1½ sticks)  
Chickens, 2 whole (4 to 5 pounds each)  
Heavy cream, 2 fluid ounces  
(¾ cup)  
Whole milk, 4 fluid ounces  
(½ cup)

### PANTRY

Arrowroot powder, 1 teaspoon  
Avocado oil or ghee, 2 tablespoons  
Cashews, raw, 7 ounces (1½ cups)  
Chicken broth, 28 fluid ounces  
(3½ cups)  
Coconut aminos, Coconut Secret brand,  
4 fluid ounces (½ cup)  
Extra-virgin olive oil, 3 tablespoons  
Gluten-free flour blend,  
1 tablespoon  
Medium-hot hot sauce, such as Frank's  
RedHot, 3 fluid ounces  
(⅓ cup)  
Ranch dressing, store-bought or  
homemade (page 372), 2 fluid ounces (¼  
cup)  
Toasted sesame oil, 1 teaspoon  
Unseasoned rice wine vinegar,  
1½ teaspoons  
White rice, 10 ounces (1½ cups)

### SEASONINGS

Dried rubbed sage, ½ teaspoon  
Dried thyme leaves, ½ teaspoon  
Ginger powder, ½ teaspoon  
Red pepper flakes, ½ teaspoon  
Sesame seeds, 1 tablespoon

### Ingredient Subs

#### To make this week PALEO:

• Use the substitutions listed below for making the week grain-free and dairy-free.

#### To make this week GRAIN-FREE:

• Replace the gluten-free flour blend with arrowroot powder.  
• Replace the white rice with 1 large head cauliflower (about 3 pounds) or 18 ounces frozen riced cauliflower.

#### To make this week DAIRY-FREE:

• Replace the butter with ghee or oil of choice.  
• Replace the heavy cream and milk with 6 fluid ounces (¾ cup) canned full-fat coconut milk.  
• Use a dairy-free ranch dressing.

#### To make this week EGG-FREE:

• Use an egg-free ranch dressing. If making homemade, use vegan mayo.

#### To make this week NUT-FREE:

• Omit the cashews.

WEEK

18



# BAKED TURKEY BREAST, KALE, and BUTTERNUT SQUASH

## Weekly Ingredients

### FRESH PRODUCE

Butternut squash, 2 medium (about 2 pounds each)

Carrots, 4 medium (about 5 ounces)

Chives, 4 (optional)

Lacinato (aka dinosaur) kale, 2 bunches

Lemons, 1½

Pomegranate, ½ medium (or 3 ounces/½ cup fresh or frozen pomegranate seeds)

Sage leaves, 12 (or 1 teaspoon dried rubbed sage)

### MEAT/DAIRY

Bacon, 5 strips

Butter, salted, 2 ounces (¾ cup)

Greek yogurt, plain, full-fat, 4 ounces (½ cup)

Turkey breast, bone-in, skin-on, 1 (5 to 6 pounds)

### PANTRY

Chicken broth, 48 fluid ounces (6 cups)

Diced tomatoes, 1 (14½-ounce) can

Extra-virgin olive oil, 1½ tablespoons

Honey, 1 tablespoon

Pecans, raw, 5¼ ounces (1½ cups)

### SEASONINGS

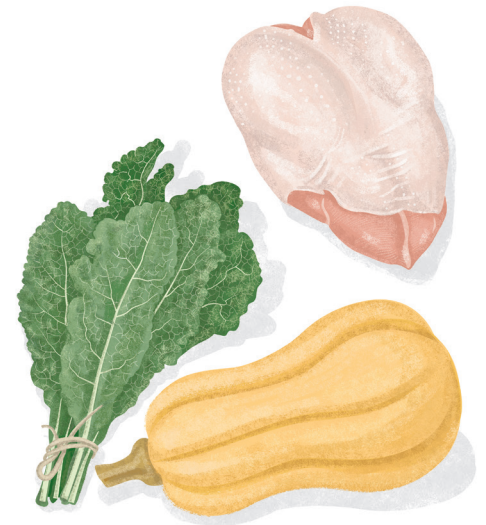
Garlic powder, 1½ teaspoons

Ground cinnamon, ¼ teaspoon

Italian seasoning, 1 tablespoon

Rosemary leaves, ½ teaspoon

Thyme leaves, 1 teaspoon



### Ingredient Subs

**To make this week PALEO and/or DAIRY-FREE:**

- Substitute ghee or another fat for the butter.
- Use plain, unsweetened dairy-free Greek-style yogurt in place of the Greek yogurt.

**To make this week NUT-FREE:**

- Make the casserole without the pecan topping: omit the pecans, honey, and cinnamon and reduce the amount of butter for the week to 2 tablespoons.



WEEK

19



# PORK SHOULDER, BRUSSELS SPROUTS, and SWEET POTATOES



## Weekly Ingredients

### FRESH PRODUCE

Apple, red, 1 large  
Bell pepper, red, 1  
Brussels sprouts, 1 pound  
Cilantro, 10 sprigs  
Garlic, 2 cloves  
Lemon, ½ small  
Lime, 1  
Onion, white, 1 large  
Sweet potatoes, small to medium, 3 pounds  
Thyme, 8 sprigs

### FROZEN FOODS

Yellow corn, 5 ounces (1 cup)

### MEAT/DAIRY

Butter, salted, 1 tablespoon  
Pork shoulder, boneless, 1 (5 to 6 pounds)  
Shredded Mexican cheese blend, 4 ounces (½ cup)

### PANTRY

Avocado oil, 3 tablespoons  
Avocado oil mayonnaise, store-bought or homemade (page 372), 4 fluid ounces (½ cup)  
Balsamic vinegar, 2 tablespoons  
Extra-virgin olive oil, 2½ fluid ounces (5 tablespoons)

### SEASONINGS

Ancho chili powder, ½ teaspoon  
Dried oregano leaves, 1 teaspoon  
Dried thyme leaves, 1 teaspoon  
Garlic powder, 1½ teaspoons  
Ground cumin, 1 teaspoon  
Paprika, 1 teaspoon

### Ingredient Subs

#### To make this week PALEO:

• Use the substitutions listed below for making the week grain-free and dairy-free.

#### To make this week GRAIN-FREE:

• Omit the corn.

#### To make this week DAIRY-FREE:

• Substitute ghee or another fat for the butter.  
• Omit the cheese.

#### To make this week EGG-FREE:

• Substitute vegan mayo for the avocado oil mayonnaise.

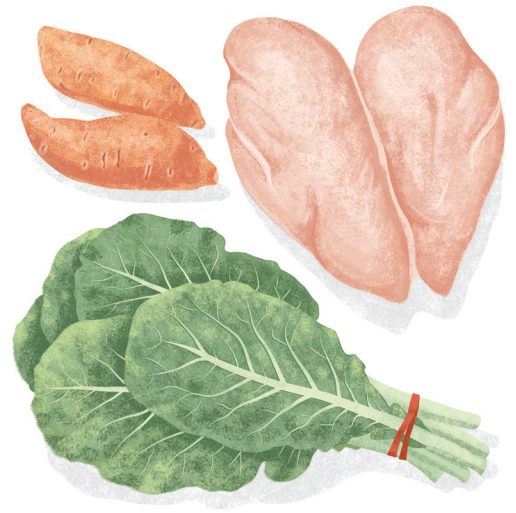


WEEK

20



# BAKED CHICKEN BREAST, COLLARD GREENS, and SWEET POTATOES



## Weekly Ingredients

### FRESH PRODUCE

Cilantro,  $\frac{1}{2}$  bunch  
Collard greens, 2 bunches  
Garlic, 3 cloves  
Green onions, 2  
Lemon,  $\frac{1}{2}$  small  
Lime, 1  
Onion, white, 1 medium  
Sliced baby bella (aka cremini) mushrooms, 8 ounces  
Sweet potatoes, medium, 8 (about 3 pounds)

### MEAT/DAIRY

Butter, salted, 2 ounces ( $\frac{1}{4}$  cup)  
Chicken breasts, boneless, skinless, 5 pounds  
Heavy cream, 2 tablespoons  
Shredded Parmesan cheese, 3 ounces (1 cup)

### PANTRY

Avocado oil mayonnaise, store-bought or homemade (page 372), 2 fluid ounces ( $\frac{1}{4}$  cup)  
Chicken broth, 2 fluid ounces ( $\frac{1}{4}$  cup)  
Extra-virgin olive oil, 4 fluid ounces ( $\frac{1}{2}$  cup)  
Lasagna noodles, no-boil, gluten-free, 8  
Medium-hot hot sauce, such as Frank's RedHot, 4 fluid ounces ( $\frac{1}{2}$  cup)  
Sun-dried tomatoes, dry packed, 3 ounces (1 cup)  
White wine, 4 fluid ounces ( $\frac{1}{2}$  cup)

### SEASONINGS

Chipotle chili powder,  $\frac{1}{2}$  teaspoon  
Garlic powder,  $\frac{1}{2}$  teaspoon  
Onion powder,  $\frac{1}{2}$  teaspoon  
Paprika, 1 tablespoon

### Ingredient Subs

#### To make this week DAIRY-FREE:

- Substitute ghee or avocado oil for the butter.
- Use full-fat coconut milk in place of the heavy cream.
- Omit the Parmesan cheese.

#### To make this week EGG-FREE:

- Replace the mayonnaise with 2 tablespoons extra-virgin olive oil and 1 tablespoon fresh lime juice.

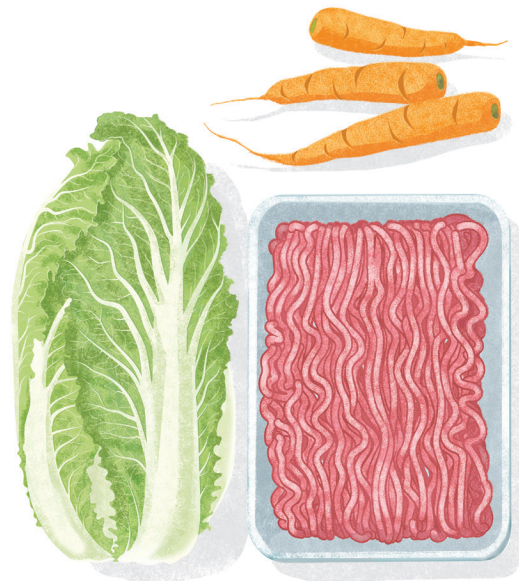
WEEK

21



# GROUND BEEF, CABBAGE, and CARROTS

## Weekly Ingredients



### FRESH PRODUCE

Butter lettuce, 1 head  
Carrots, 6 medium (about 1 pound)  
Escarole, ½ head (or one 6-ounce bag prewashed baby spinach)  
Flat-leaf parsley, ¼ bunch  
Garlic, 6 cloves  
Green onions, 3  
Jalapeño pepper, 1  
Lemon, 1 small  
Napa cabbage, 1 small head  
Onion, white, 1

### MEAT/EGGS/DAIRY

Butter, salted, 1 tablespoon  
Eggs, 2 large  
Ground beef, 5 pounds  
Ground pork, 1 pound  
Shredded Parmesan cheese, 2 tablespoons  
Sour cream, full-fat, 2 ounces (½ cup)

### PANTRY

Chicken broth, 76 fluid ounces (2 quarts plus 1½ cups)  
Coconut aminos, Coconut Secret brand, 1 (8-ounce) bottle  
Extra-virgin olive oil, 1 tablespoon  
Fish sauce, ¼ teaspoon  
Ghee or avocado oil, 1 tablespoon  
Strained tomatoes or tomato puree, 24 ounces  
Toasted sesame oil, 2 teaspoons  
Unseasoned rice wine vinegar, 1 tablespoon  
Water chestnuts, whole, 1 (8-ounce) can  
White rice, 16½ ounces (2½ cups)

### SEASONINGS

Chili powder, 1 ounce (¼ cup)  
Dried parsley, 1 tablespoon  
Garlic powder, 1½ teaspoons  
Ginger powder, 1 teaspoon  
Ground cumin, 2 tablespoons  
Onion powder, ½ teaspoon  
Sesame seeds, 1 teaspoon

### Ingredient Subs

#### To make this week LOW-CARB:

- Make the Low-Carb Teriyaki Sauce on page 373.
- Replace the white rice with 2 medium to large heads cauliflower (4½ to 5 pounds total) or 28 ounces frozen riced cauliflower.

#### To make this week PALEO:

- Use the substitutions listed below for making the week grain-free and dairy-free.

#### To make this week GRAIN-FREE:

- Replace the white rice with 2 medium to large heads cauliflower (4½ to 5 pounds total) or 28 ounces frozen riced cauliflower.

#### To make this week DAIRY-FREE:

- Replace the butter with ghee or oil of choice.
- Omit the Parmesan cheese and sour cream.

#### To make this week EGG-FREE:

- Omit the eggs.

WEEK

22



# SHREDDED PORK, KALE, and SWEET POTATOES

## Weekly Ingredients

### FRESH PRODUCE

Avocado, 1 small  
Cilantro,  $\frac{1}{3}$  bunch  
Curly or Lacinato (aka dinosaur) kale, 2 bunches  
Garlic, 4 large cloves  
Jalapeño pepper, 1  
Lemon,  $\frac{1}{2}$   
Limes,  $2\frac{1}{2}$   
Mango, 1 medium  
Sweet potatoes, medium, 4 pounds

### MEAT/DAIRY

Butter, salted, 2 ounces ( $\frac{1}{4}$  cup)  
Pork shoulder, boneless, 1 (5 to 6 pounds)  
Sour cream, full-fat, 2 ounces ( $\frac{1}{4}$  cup)

### PANTRY

Apple cider vinegar, 3 tablespoons  
Coconut aminos, Coconut Secret brand, 3 tablespoons  
Coconut sugar, 1 tablespoon  
Extra-virgin olive oil,  $3\frac{1}{2}$  fluid ounces (7 tablespoons)  
Honey, 3 ounces ( $\frac{1}{4}$  cup)  
Toasted sesame oil, 1 teaspoon  
Tomato paste, 1 (6-ounce) can  
White rice, 10 ounces ( $1\frac{1}{2}$  cups)

### SEASONINGS

Cayenne pepper,  $\frac{1}{2}$  teaspoon  
Chili powder, 1 tablespoon plus 1 teaspoon  
Dried oregano leaves, 2 teaspoons  
Dried thyme leaves, 2 teaspoons  
Garlic powder, 1 teaspoon  
Ginger powder, 2 teaspoons  
Ground allspice, 2 teaspoons  
Ground cinnamon,  $\frac{1}{2}$  teaspoon  
Ground cloves,  $\frac{1}{4}$  teaspoon  
Ground cumin,  $1\frac{1}{2}$  tablespoons  
Ground nutmeg,  $\frac{1}{4}$  teaspoon  
Red pepper flakes,  $\frac{1}{4}$  teaspoon



### Ingredient Subs

#### To make this week PALEO:

• Use the substitutions listed below for making the week grain-free and dairy-free.

#### To make this week GRAIN-FREE:

• Substitute 1 large head cauliflower (about 3 pounds) or 18 ounces frozen riced cauliflower for the white rice.

#### To make this week DAIRY-FREE:

• Use ghee in place of the butter.  
• Omit the sour cream.

WEEK

23



# GROUND PORK, CABBAGE, and RED POTATOES



## Weekly Ingredients

### FRESH PRODUCE

Carrots, 4 medium (or 5 ounces  
preshredded carrots)  
Cilantro, 1 small bunch  
Flat-leaf parsley, 8 sprigs  
Garlic, 4 cloves  
Ginger, 1 (1-inch) piece  
Green cabbage, 1 small head  
Green onions, 1 small bunch (about 5  
onions)  
Limes, 2  
Onion, yellow, 1 small  
Purple cabbage, 1 small head  
Red potatoes, 3 pounds

### MEAT/DAIRY

Butter, salted, 3 ounces  
(6 tablespoons)  
Cotija cheese, 3 ounces  
Ground pork, 5 pounds  
Heavy cream, 4 fluid ounces  
(½ cup)

### PANTRY

Apple cider vinegar, 2 fluid ounces (¼  
cup)  
Avocado oil, 2½ fluid ounces  
(5 tablespoons)  
Avocado oil mayonnaise, store-bought  
or homemade (page 372),  
4 fluid ounces (½ cup)  
Chicken broth, 16 fluid ounces  
(2 cups)  
Coconut aminos, Coconut Secret  
brand, 4 fluid ounces (½ cup)  
Coconut milk, full-fat, 2 tablespoons  
Corn tortillas (about 6 inches in  
diameter), 10  
Extra-virgin olive oil, 1 tablespoon  
Gluten-free flour blend,  
2 tablespoons  
Toasted sesame oil, 1 teaspoon  
Unseasoned rice wine vinegar,  
2 tablespoons

### SEASONINGS

Chili powder, 1 tablespoon  
Dried oregano leaves, 1 teaspoon  
Dried parsley, 1 tablespoon  
Dried rubbed sage, 1 teaspoon  
Garlic powder, 1 teaspoon  
Ground allspice, ⅛ teaspoon

### Ingredient Subs

#### To make this week PALEO:

• Use the substitutions listed below for making the week grain-free and dairy-free.

#### To make this week GRAIN-FREE:

• Use grain-free tortillas in place of the corn tortillas.  
• Replace the gluten-free flour blend with arrowroot powder.

#### To make this week DAIRY-FREE:

• Replace the butter with ghee or oil of choice.  
• Omit the cheese.  
• Replace the heavy cream with full-fat coconut milk.

#### To make this week EGG-FREE:

• Use avocado oil in place of the mayonnaise.

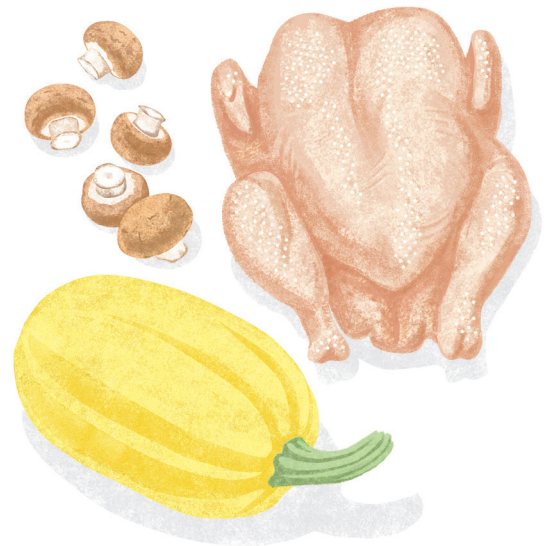
Ground cinnamon, ¼ teaspoon  
Ground cloves, ⅛ teaspoon  
Ground cumin, 1 teaspoon  
Onion powder, ½ teaspoon  
Paprika, 2 teaspoons  
Red pepper flakes, ½ teaspoon  
Sesame seeds, 1 teaspoon

WEEK

24



# ROASTED CHICKEN, MUSHROOMS, and SPAGHETTI SQUASH



## Weekly Ingredients

### FRESH PRODUCE

Baby bella (aka cremini) mushrooms, 16 ounces (8 ounces whole and 8 ounces sliced)

Celery, 2 stalks

Flat-leaf parsley, 8 sprigs

Garlic, 9 cloves

Green onions, 6

Lemon, ½

Onions, yellow, 2 medium

Purple or green cabbage, ½ head

Spaghetti squash, 2 (about 4½ pounds each)

Thyme, 9 sprigs

### MEAT/DAIRY

Butter, salted, 3 tablespoons

Chickens, 2 whole (4 to 5 pounds each)

Heavy cream, 6 fluid ounces (¾ cup)

Prosciutto, 4 thin slices

### PANTRY

Avocado oil, 2 fluid ounces (¼ cup)

Chicken broth, 26 ounces (3¾ cups)

Coconut aminos, Coconut Secret brand, 1 (8-ounce) bottle

Extra-virgin olive oil, 1 tablespoon plus 2 teaspoons

Fish sauce, ½ teaspoon

Gluten-free flour blend, 2 tablespoons

Marsala wine, 6 fluid ounces (¾ cup)

Spicy brown mustard, 2 tablespoons

Toasted sesame oil, 2 teaspoons

Unseasoned rice wine vinegar, 1 tablespoon

### SEASONINGS

Dried parsley, 1 teaspoon

Garlic powder, ½ teaspoon

Sesame seeds, 1 teaspoon

### Ingredient Subs

#### To make this week PALEO:

• Use the substitutions listed below for making the week grain-free and dairy-free.

#### To make this week GRAIN-FREE:

• Substitute arrowroot powder for the gluten-free flour blend.

#### To make this week DAIRY-FREE:

• Substitute ghee or oil of choice for the butter.

• Substitute full-fat coconut milk for the heavy cream.



WEEK

25



# BRISKET, BRUSSELS SPROUTS, and RICE

## Weekly Ingredients

### FRESH PRODUCE

Apple, green, 1 small  
Brussels sprouts, 1 pound  
Carrots, 2 medium  
Cilantro, ½ bunch  
Garlic, 4 cloves  
Ginger, 1 (1-inch) piece  
Green onions, 5  
Lemon, 1 small  
Lime, ½  
Onion, red, ½ medium

### MEAT/EGGS

Brisket, 1 (6 to 7 pounds)  
Eggs, 2 large

### PANTRY

Avocado oil, 1 tablespoon  
Avocado oil mayonnaise, store-bought or homemade (page 372), 2½ fluid ounces (½ cup)  
BBQ sauce, store-bought or homemade (page 373), 4 fluid ounces (½ cup)  
Beef broth, 8 to 16 fluid ounces (1 to 2 cups, depending on brisket cooking method)

Coconut aminos, Coconut Secret brand, 2 fluid ounces (¼ cup)  
Coconut sugar, 1 tablespoon  
Corn tortillas (about 6 inches in diameter), 8  
Dill pickle spears, 10  
Extra-virgin olive oil, 3 tablespoons  
Ghee or avocado oil, 3 tablespoons plus 1 teaspoon  
Honey, 1 tablespoon  
Toasted sesame oil, 2 teaspoons  
White rice, 16½ ounces (2½ cups)

### SEASONINGS

Ancho chili powder, 1 teaspoon  
Chipotle chili powder, 1 teaspoon  
Dried oregano leaves, 1 teaspoon  
Garlic powder, ½ teaspoon  
Ground cumin, 1 teaspoon  
Paprika, 2 tablespoons plus ½ teaspoon  
Red pepper flakes, ¼ teaspoon



### Ingredient Subs

#### To make this week LOW-CARB:

- Use a low-carb BBQ sauce.
- Omit the tortillas and eat the taco fillings in a bowl, or use butter lettuce leaves as wraps.
- Substitute 2 medium to large heads cauliflower (4½ to 5 pounds total) or 28 ounces frozen riced cauliflower for the white rice.
- Omit the coconut sugar from the BBQ Spice Rub.
- Omit the honey from the slaw.

#### To make this week PALEO and/or GRAIN-FREE:

- Use grain-free tortillas in place of the corn tortillas.
- Substitute 2 medium to large heads cauliflower (4½ to 5 pounds total) or 28 ounces frozen riced cauliflower for the white rice.

#### To make this week EGG-FREE:

- Omit the eggs.
- Substitute vegan mayo for the avocado oil mayonnaise.

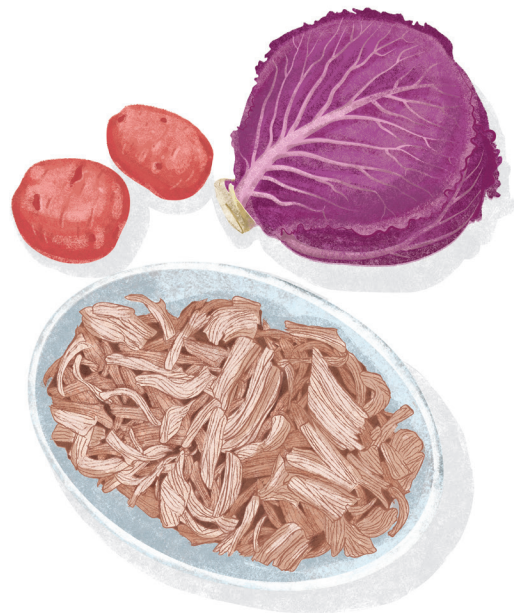


WEEK

26



# SHREDDED PORK, CABBAGE, and RED POTATOES



## Weekly Ingredients

### FRESH PRODUCE

Avocado, 1  
Cilantro, ½ bunch  
Flat-leaf parsley, 8 sprigs  
Green cabbage, ½ medium head  
Jalapeño pepper, 1  
Lime, 1  
Onion, red, 1 medium  
Purple cabbage, 1 medium head  
Red potatoes, 5 pounds

### MEAT/DAIRY

Pork shoulder, boneless, 1  
(5 to 6 pounds)  
Shredded white cheddar or Monterey  
Jack cheese, 3 ounces (¾ cup)

### PANTRY

Apple cider vinegar, 1 tablespoon  
Avocado oil, 3 tablespoons  
Balsamic vinegar, 1 tablespoon  
Corn tortillas (about 6 inches in  
diameter), 6  
Dijon mustard, 2 ounces (¼ cup)  
Extra-virgin olive oil, 5 fluid ounces (½  
cup plus

3 tablespoons)

Honey, 4½ ounces (¾ cup plus  
2 tablespoons)

Ketchup, 4½ ounces (½ cup)

Prepared yellow mustard,  
2 tablespoons

Salsa verde, 2 (16-ounce) jars  
(3 cups)

### SEASONINGS

Chili powder, 1½ teaspoons

Dried oregano leaves,  
1½ teaspoons

Garlic powder, 1 teaspoon

Ground cumin, 1½ teaspoons

Onion powder, ½ teaspoon

Paprika, ½ teaspoon

### Ingredient Subs

#### To make this week PALEO:

• Use grain-free tortillas and omit the cheese.

#### To make this week GRAIN-FREE:

• Use grain-free tortillas.

#### To make this week DAIRY-FREE:

• Omit the cheese.