

Ingredients for homemade recipes on page 2.

Veggies

- 2 Cup carrots or 2 Cup sliced peppers (*whichever you prefer for dipping in hummus*)
- 1 Red pepper
- 2 Carrots
- 4 Yellow onion
- 6 Cups fresh Kale
- 7 Celery stalks, sliced
- 1 Container of Hummus (*Ingredients below if you want to make your own*)
- Spiral-cut Zucchini
- 1 Zucchini
- 8oz cherry tomatoes
- 1 Cucumber
- 1 Green pepper
- 5-6 green onions
- 2 tbs fresh basil (or dried)
- 1 tbs fresh oregano (or dried)
- Container or bag of Romaine lettuce/spinach (for a side salad) or choose to buy a stalk of broccoli

Dairy

- Carton of eggs
- ½ Gallon of unsweetened Coconut or Almond Milk
- High-Fat low carb plain yogurt with 3-6%, milk fat (*unless you want to make your own, ingredients are below*)

Baking/Seasonings

- Handful raw almonds, walnuts, or pecans
- ¼ Cup dry red wine
- 4 oz Unsweetened chocolate
- ½ teaspoon rice vinegar
- ¼ cup white vinegar
- 1 teaspoon Wasabi Powder (*optional for wasabi deviled eggs*)

Fruit

- 5 Green bananas
- 1 Lemon
- Strawberries or blueberries (*topping for yogurt, pick 1 package*)

Meat

- 1 ½ lbs Stew Meat
- 4-6 slices of bacon, uncured (*you may have leftovers if you bought bacon before*)
- 1 ½ lbs pork sausage, loose
- 8oz pepperoni
- 4 Salmon fillets, 5oz/each (*1 fillet if you're cooking for only yourself*)
- 2 chicken breasts (or 2 12.5oz cans of gluten-free white chicken breasts in water, *1 chicken breast/1 can if you're cooking for only yourself*)
- 4 bone-in pork chops

Aisle Food

- 1 Can coconut milk (canned)
- 1 Can white Cannellini beans
- ½ Cup black or Kalamata olives
- 4 Cups beef or chicken broth, low sodium
- 1 four-ounce bar of 85% or higher cocoa chocolate (e.g., Lindt 85% or 90% cocoa chocolate)
- Granola with less than 4g of sugar per serving (*unless you want to make your own, ingredients are below*)
- Low carb, low sugar salad dressing (*unless you want to make your own, ingredients below*)

Condiments

- Stone-ground mustard

Hummus Ingredients

- 1 15.5 oz can garbanzo beans (chickpeas), drained
- 2 garlic cloves
- ¼ cup extra-virgin olive oil
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons tahini
- 1 tablespoon grated Romano or Parmesan cheese
- ½ teaspoon Hungarian paprika
- 1/2 teaspoon cayenne pepper
- ½ teaspoon sea salt

Dr. Approved Homemade Salad Dressing: Creamy Tomato Cilantro Dressing

- 1 cup sour cream
- ¼ cup tomato sauce or tomato paste
- 2 tablespoons sundried tomatoes, minced
- 2 hard-boiled eggs
- ¼ cup cider vinegar
- ¼ cup water
- 2 tablespoons fresh cilantro, finely chopped
- ½ teaspoon ground black pepper
- ½ teaspoon sea salt

Homemade High-Fat Yogurt Ingredients (Makes 16, 2-tbsp servings)

- 16 ounces heavy whipping cream (preferably organic)
- 2 tablespoons full-fat yogurt with live cultures or [one packet starting culture](#)
- 1 tablespoon inulin powder

Homemade Grainless Granola Ingredients (Makes 8, ½ cup servings)

- 1 cup raw cashew pieces
- 1 cup raw pumpkin seeds
- 1 cup slivered almonds
- 2 tablespoons whole flaxseeds or chia seeds
- 1 cup unsweetened coconut flakes
- 2 teaspoons ground cinnamon
- 2 tablespoons extra-light olive oil, coconut oil, or butter (melted)
- 2 tablespoons Virtue Sweetener or other natural non-caloric sweetener equivalent to 1/2 cup sugar

Purchase bananas as green as possible and store in the refrigerator, where they will stay green for around 5 days.