

HBD NUTRITION SPRING SHOPPING LIST

WEEK 1

Day #	Meat/Seafood	Quantity	Notes
1, 3	eggs	16	organic, pastured
1	sardines, packed in olive oil or water	8-10 oz	wild caught, can sub tuna
1	pork loin	32 oz / 2 pounds	organic if possible
2	bacon (optional)	12 strips	nitrate-free
2	tuna steaks	1.5 pounds	can sub with 1 pound chicken breast if desired
3	lean ground turkey or chicken	2 pounds	
Day #	Vegetable & Fruit	Quantity	Notes
1, 2, 3	bananas	10	
1	berries of choice	3 cups	choose what is in season, frozen also works
1, 2, 4	lemon	2	
1	carrots, medium	3	
1, 2	celery	4 stalks	
1, 3	green cabbage	1 small head	
1, 2, 3, 4	onions, yellow	4	2 small, 2 large
1, 3	parsnips, large	5	
1, 4	red grapes	5 cups	
1, 2, 4	avocado	5	
1, 4	red bell pepper	3	
1	radish	2	
1	cilantro, fresh	1/2 bunch	
1, 2	lime	1.5	
2	bananas, ripe	5	
2	kale	1 bunch	
2	ginger, fresh	1/2 inch piece	
2	mint, fresh	1 bunch	
2	potatoes, white	2 medium	
2, 3	asparagus,	2-2.5 pounds	
2, 4	cantaloupe	1 ripe	
2	cucumber	1 medium	
2	basil	1 bunch	
3	Portobello mushroom caps	4 large	
3	tomato	1 ripe	
3	romaine lettuce	1 large head	
3	sweet potato	1 medium	
4	red onion	1 small	
4	parsley	1 small bunch	
4	brown mushrooms	8 oz	
4	orange	1	buy more for snacks as desired
Day #	Misc	Quantity	Notes
1	rolled oats	2 cups	purchase gluten-free oats if available
1	almond milk	1 cup	
1	flax seeds	5 Tbsp	best to buy whole and grind yourself, store in fridge or freezer
1	gluten-free crackers		we like Mary's Gone Crackers (see recipe)
2	walnuts	1/2 cup	optional - see recipe
2	dairy-free chocolate chips	1/2 cup	optional - Enjoylife brand recommended
2	heavy cream	1/2 cup	optional if dairy is tolerated
2	slivered or sliced almonds	1/2 cup	
Pantry Staples	Pantry Essentials	Quantity	Notes
	sea salt	keep on hand	
	pepper	keep on hand	
	Herbes de Provence	1 Tbsp	
	cinnamon	3 Tbsp +	
	dill	1 Tbsp	dried or fresh OK
	yellow curry powder	3 tsp	
	paprika	1/2 tsp	
	celery seed	1 tsp	
	cumin	3 tsp	
	caraway seeds	1 tsp	
	cayenne pepper	1 tsp	
	nutmeg	1 tsp	
	butter, organic, grass-fed	keep on hand	Kerrygold usually easy to find and is grass-fed
	extra-virgin olive oil	keep on hand	
	coconut oil	keep on hand	Tropical Traditions recommended
	Dijon mustard	3 Tbsp	
	garlic, fresh	12 cloves	
	pure maple syrup	5 Tbsp	
	raw honey	2 Tbsp	
	pure vanilla	2 tsp	
almond flour	1 cup		
coconut flour	1/2 cup		
coconut milk, full-fat	1	14 oz cans	
apple cider vinegar	1 Tbsp		
chicken stock or broth	7 cups		
quinoa	1 cup dried		
tomato salsa	1/2 cup		