

Fruits & Vegetables

- 7 ripe bananas
- 4 large sweet potatoes
- 12 large apples (Gala, Fuji, or Golden Delicious)
- 2 ripe but firm pears (Bosc or Bartlett)
- 7 medium carrots
- 2 celery stalks
- 1 large onion
- 2½ ripe avocados
- 1-inch fresh ginger
- 1-inch fresh turmeric root (or 1 tsp ground turmeric)
- 2 lemons
- 4 medium potatoes (Yukon Gold or Russet)
- 1 medium zucchini (sliced or chopped)
- 1½ cups finely diced/grated zucchini
- 6 cups fresh spinach
- ½ cup cooked peas (optional)
- 1 cup fresh green beans
- 2 cups peeled & cubed pumpkin (sugar pumpkin or kabocha)
- 1 large eggplant (or 2 medium)
- 2 butternut squash (about 2-3 lbs each)
- 4 thin lemon slices
- Small bunch fresh parsley or cilantro (for garnish)

Dairy & Dairy Alternatives

- 1 cup plain kefir (unsweetened)
- 1 cup plain lactose-free yogurt (or Greek yogurt)

- 3½ cups unsweetened almond milk (or tolerated milk alternative)
- ¾ cup lactose-free milk (or almond milk)
- 2 tablespoons lactose-free milk or almond milk
- 2 tablespoons soft cheese (cream cheese, ricotta, or goat cheese)
- 1 cup full-fat coconut milk (unsweetened)
- 3 tablespoons unsalted butter (or dairy-free alternative)
- 2 tablespoons ghee (clarified butter)

Grains & Breads

- 3 cups white rice (jasmine or basmati)
- 1 cup cooked white rice
- 1 cup rolled oats (gluten-free if needed)
- ½ cup rolled oats (gluten-free if needed)
- ¼ cup oat flour or gluten-free breadcrumbs
- 6 plain rice cakes (unsalted)
- 1 slice sourdough or gluten-free bread (optional)
- 2 slices white bread
- 1 soft flour tortilla (gluten-free if needed)

Proteins

- 7 large eggs
- 1 block (14 oz) firm tofu
- 1 block (14 oz) soft tofu (silken or regular)

- 8 oz shrimp (peeled, deveined, tail-off)
- 1 lb ground turkey (organic, lean)
- 3 boneless, skinless chicken breasts (1 lb in bite-sized pieces + 1 medium breast in strips)
- 2 fresh tilapia fillets (skinless, boneless)
- 2 fillets mild white fish (cod, sole, tilapia, or haddock)
- 1 can (5 oz) tuna in water or olive oil
- Bones for broth (chicken or beef):
 - Chicken option: 1 whole chicken carcass or 2–3 lbs chicken backs, wings, or feet
 - Beef option: 2–3 lbs marrow bones, knuckles, or oxtail

Oils & Fats

- Olive oil
- Avocado oil
- Coconut oil
- Unsalted butter
- 2 tablespoons coconut oil (melted)

Sweeteners

- 2 tablespoons raw honey (or maple syrup)
- 1 tablespoon honey (or maple syrup)
- 1 teaspoon honey or pure maple syrup (optional)
- 1 tablespoon pure honey
- 1 tablespoon pure maple syrup or honey (optional)

Spices & Flavorings

- Ground cinnamon
- Pure vanilla extract
- ¼ teaspoon baking powder (optional)
- 1/8 teaspoon ground turmeric
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon ground cumin (optional)
- ¼ teaspoon black pepper (optional)
- ½ teaspoon sea salt (or to taste)
- 1 teaspoon apple cider vinegar
- 2 bay leaves
- 1 teaspoon black peppercorns (optional)
- Low-sodium soy sauce or coconut aminos
- Ground white pepper
- Dried oregano
- Dried thyme
- Ground coriander
- Fresh lemon juice
- Lemon zest
- Grated fresh ginger
- Sesame seeds

Herbs & Teas

- 2 tablespoons fresh parsley (or fresh basil)
- 1 teaspoon finely chopped fresh parsley (optional)
- 2 teaspoons dried chamomile flowers (or 1 chamomile tea bag)
- 1 teaspoon dried peppermint leaves (or 1 peppermint tea bag)

Broths & Liquids

- 3 cups low-sodium chicken broth (or water)
- ½ cup low-sodium chicken broth or filtered water
- 1 cup low-sodium vegetable broth
- 1 tablespoon low-sodium bone broth or water

Miscellaneous

- 1 tablespoon nutritional yeast (optional)
- 1 tablespoon chia seeds (pre-soaked if needed)
- ½ cup finely diced canned peaches (drained and rinsed)
- 1 teaspoon raw honey (optional, for tea)
- ½ teaspoon fresh lemon juice (optional)
- 2-3 ice cubes (optional)