

Weekly shopping list for Clean Eating Challenge

| Meat and Eggs | | Herbs and spices | |
|--|--------------------------------------|--|----------|
| Eggs (pastured) | 2 dozen + more for snacks | Fresh and dried herbs of choice (chives, basil, parsley, rosemary, etc.) | |
| Bacon / ham (pastured) | 2-3 packages | Pink Himalayan rock salt | |
| Meat for slow-cooking (beef, pork or lamb) ~ 2 lb / 900 g | | Pepper (black or cayenne) | |
| Chicken (thighs, skinless, boneless) | 2 thighs (~ 0.7 lb / 300 g) | Oils and fats | |
| Salmon or trout, fresh (wild) | 2 fillets (~ 0.9 lb / 400 g) | Ghee (or make your own, see my recipe) | |
| Salmon, smoked (wild) | 1-2 packages (~ 3.5 oz / 100 g) | Extra virgin olive oil | |
| Pork chops | 2 pork chops (~ 0.7 lb / 300 g) | Coconut oil, extra virgin | |
| Prawns | 1 package (~ 0.5 lb / 200 g) | Other healthy options (lard, tallow, avocado oil, macadamia oil) | |
| Vegetables | | Cans / Jars | |
| Asparagus | 2 bunches (~ 0.9 lb / 400 g) | Coconut milk (canned) | 1 can |
| Avocado | 4 pieces | Green and black olives | 1 jar |
| Broccoli | 1 small head | Sauerkraut | 1-2 jars |
| Garlic | 1 head | Tuna | 1 tin |
| Green beans | 1 package (~ 200g / 7.1 oz) | Snacking tips (extras) | |
| Lettuce (crunchy type like Little Gem or Iceberg) | daily use (see recipes) | Avocados | |
| Greens of choice (spinach, rocket, chard, dandelion, beet, turnip, etc.) | daily use (see recipes) | Bones to make home-made bone broth | |
| Mushrooms (Portobello or other) | 1 package | Celery stalks | |
| Onion, red or white | 2 medium | Coconut or almond milk instead of cream in coffee | |
| Spinach, frozen | 1 package (or more instead of fresh) | Eggs | |
| Spring onion | 1 small bunch | Fermented foods (sauerkraut, kimchi, kombucha) | |
| Tomatoes (cherry) | 3 packages (~ 0.9 lb / 400 g) | Ham and bacon, pastured | |
| Fruit | | Nuts and seeds (pecans, almonds, walnuts, hazelnuts, macadamias, etc.) | |
| Blackberries or other berries (fresh or frozen) | 2 package (300 g / 10.6 oz) | Non-starchy vegetables (cucumber, green pepper, etc.) | |
| Lemons / limes | 3-4 pieces | | |
| Nuts (macadamias, almonds, pecans, walnuts or hazelnuts) | 1 package | | |