

- **Day 1**
 Breakfast
[Super-Smoothies - Berry-licious Smoothie](#) (I'll use yogurt in place of milk-kefir or raw milk)
[Homemade Whole Wheat Blueberry Muffins](#)
 Dinner
[Sundried Tomato & Herb Meatloaf](#)
[Spinach-Strawberry Salad](#)
- **Day 2**
 Breakfast
 Eggs of choice: Hard-boiled, Sunny-Side Up, Scrambled
[Leftover Homemade Whole Wheat Blueberry Muffins](#)
 Dinner
[An Asparagus and Prosciutto Self-Rising Crust Quiche](#) (I plan to use Applegate Ham)
[Oven-Baked Fries](#) (use olive oil)
- **Day 3**
 Breakfast
[Kale, Banana, Berry Smoothie](#) (I'll use [raw milk](#))
[Toast from Homemade Bread](#)
 Dinner
[Roasted Whole Chicken](#) (save leftover chicken and carcass)
[Black Beans and Rice \(Crockpot\)](#) (save leftovers for tomorrow's dinner)
- **Day 4**
 Breakfast
[Soaked Granola](#) and [yogurt](#) or [raw milk](#) topped with strawberries (or seasonal fruit)

 Dinner
[Chicken Enchiladas](#) (second recipe card)
[Black Beans and Rice](#) (from last night's dinner) & Fruit Salad
- **Day 5**
 Breakfast
[Sinfully Good Waffles](#) (make ahead and pop in toaster)
 Dinner
[Pizza Night](#)
[Kale Chips](#)
- **Day 6**
 Breakfast
[Oven Breakfast in a Ramekin](#)
[Simple Fruit Salad](#)
 Dinner
[Poor Man's Chicken Noodle Soup](#) (use leftover chicken carcass)
 Green Salad: Lettuce and veggies with [Spinach-Strawberry Salad Dressing](#) (leftover)
- **Day 7**
 Breakfast
[Pancakes](#) topped with fruit (freeze extra for later)
 Dinner
[Lazy Sunday Crockpot Roast](#)
[Collard Greens](#)

- **Day 8**

Breakfast

[Freezer-Friendly Whole Wheat Biscuits](#) (freeze extras for another morning)

[Perfect Scrambled Eggs](#)

Dinner

[White Bean & Kale Soup](#) (I'll use [homemade chicken broth](#))

[Homemade Crusty Bread](#)

- **Day 9**

Breakfast

[Beet-Strawberry Smoothie](#)

[Toast from Homemade Bread](#)

Dinner

[Spicy Lime Chicken](#) (serve over rice)

Green Salad: Lettuce and veggies with [Spinach-Strawberry Salad Dressing](#) (leftover)

- **Day 10**

Breakfast

Eggs of choice: Hard-boiled, Sunny-Side Up, Scrambled

[Freezer-Friendly Whole Wheat Biscuits](#) (from freezer)

Dinner

[Shepherd's Pie](#)

Steamed Broccoli

- **Day 11**

Breakfast

[Pancakes](#) (frozen) defrosted

Fruit

Dinner

[Easy Lentils and Rice](#) (I'll use [homemade chicken broth](#))

Steamed Green Beans

- **Day 12**

Breakfast

[Beet-Strawberry Smoothie](#)

[Toast from Homemade Bread](#)

Dinner

[Pizza Night](#)

[Kale Chips](#)

- **Day 13**

Breakfast

[Simple Ham and Cheese Omelet](#)

[Toast from Homemade Bread](#)

Dinner

[Salmon Patties](#)

[Homemade Mac and Cheese with Swiss Chard and Mushrooms](#)

- **Day 14**

Breakfast

[Simple Ham and Cheese Omelet](#)

Dinner

[Roasted Whole Chicken](#) with Carrots

Green Salad: Lettuce and veggies with [Spinach-Strawberry Salad Dressing](#) (leftover)

Shopping List

Dairy

1. [raw milk](#)
2. [plain whole-milk yogurt](#)
3. sour cream
4. mozzarella cheese
5. gouda cheese
6. cheddar cheese
7. pastured butter

Meats

1. pastured eggs
2. 2-3 (depending on size of family) whole pastured chickens
3. ham (I like [Applegate brand](#))
4. bacon (I like [Applegate brand](#))
5. 2 lbs grass-fed ground beef
6. pastured chicken thighs
7. grass-fed chuck roast
8. 1 [can wild caught salmon](#)
9. [homemade chicken stock](#)
10. [homemade beef stock](#)

Fruits/Veggies

1. celery
2. carrots
3. potatoes
4. asparagus
5. kale
6. mushrooms
7. spinach
8. swiss chard
9. collard greens
10. shallot
11. beets
12. corn (organic)- use frozen if fresh is not available
13. fresh herbs: rosemary, oregano, thyme, basil, cilantro
14. lemons
15. tomatoes
16. bell pepper
17. white (sweet) onions
18. garlic
19. pomegranate seeds
20. limes
21. dates
22. bananas
23. strawberries
24. seasonal fruit of choice for breakfast and fruit salad

Frozen

1. blueberries
2. strawberries
3. pineapple chunks
4. peas

Dry Goods

1. [rice](#)
2. [active dry yeast](#)
3. [sprouted whole wheat flour](#) (or sub whole wheat)
4. [whole wheat flour](#)

5. [whole wheat pastry flour](#)
6. [sucanat](#)
7. [good-quality salt](#)
8. [baking powder](#)
9. [baking soda](#)
10. [sun-dried tomatoes](#) (oil-packed)
11. [breadcrumbs](#)
12. [organic soy sauce](#)
13. [Worcestershire sauce](#)
14. [poppy seeds](#)
15. [sesame seeds](#)
16. raw honey
17. [chia seeds](#)
18. black beans-dry
19. white beans-dry
20. lentils-dry
21. 28oz diced tomatoes
22. 8oz can tomato paste
23. organic tortillas
24. 1 [can tomato sauce](#) (not pasta sauce)
25. hot sauce
26. 2 packages [macaroni noodles](#)
27. [olive oil](#)
28. [coconut oil](#)
29. [balsamic vinegar](#)
30. [apple cider vinegar](#)
31. [maple syrup](#)
32. walnuts or almonds
33. [rolled oats](#) (not instant or steal cut)
34. [coconut flakes](#)
35. dried fruit
36. ground cinnamon (spice)
37. garlic powder (spice)
38. ground coriander (spice)
39. red pepper flakes (spice)
40. bay leaves (spice)
41. thyme (spice)