

Ingredient	Quantity
Baking Products	
Apple cider vinegar (Or coconut vinegar)	0.13 cups
Apple cider vinegar (or coconut vinegar)	0.06 cups
Beef bone broth	0.12 cups
Beef bone broth (or chicken broth (homemade or store-bought))	0.50 cups
Chicken bone broth ((boxed will work, homemade will make thicker soup))	4 cups
Chicken bone broth ((I used Kettle and Fire))	0.50 cups
Chicken bone broth (can be box of organic broth)	2 cups
Coconut aminos ((or organic Tamari sauce))	0.19 cups
Coconut milk (full fat)	1 can
Coconut vinegar (or rice vinegar)	0.06 cups
Fish sauce	0.02 cups
Fish sauce ((or 2 teaspoons if you are like me!))	0.02 cups
Unsweetened cocoa powder	0.31 cups
Canned Items	
Chicken broth (or fish stock)	0.12 cups
Tomato paste	0.06 cups
Tomato sauce	0.25 cups
Condiments	
Organic Tamari (sauce)	0.02 cups
Organic Tamari (wheat-free (soy sauce))	0.33 cups
Eggs	
Egg whites	22 large
Eggs	1 large
Eggs (soft boiled, omit if egg free)	4 large
Hard boiled eggs	8
Hard boiled eggs ((use only the yolks if under age 1))	10
Fats and Oils	
Coconut oil	0.19 cups
Coconut oil (butter flavor)	0.02 cups
Coconut oil (butter-flavored)	0.02 cups

Ingredient	Quantity
Coconut oil (melted)	0.12 cups
Coconut oil (or duck fat)	0.02 cups
MCT oil ((or other liquid oil such as extra virgin olive oil))	0.25 cups
Olive oil (extra virgin)	0.12 cups
Paleo fat	0.08 cups
Sesame oil	0.12 cups
Fresh Herbs	
Basil leaves (chopped fresh, plus more for garnish)	0.12 cups
Basil leaves (fresh)	0.50 bunch
Fresh ginger (grated)	0.32 cups
Fresh ginger (minced)	0.06 cups
Fresh ginger (minced)	0.06 cups
Milk and Drinks	
Unsweetened almond milk (or unsweetened coconut milk (from the carton))	0.67 cups
Other Recipes	
Herbs De Florence Spice Mix	0.01 cups
Protein sparing bread	4 slices
Produce	
Button mushrooms	16 ounces
Cabbage (shredded)	6 cups
Cherry tomatoes (for garnish)	
Clove garlic	2
Clove garlic (finely chopped)	5
Clove garlic (minced)	5
Clove garlic (sliced thin)	1
Clove garlic (smashed to a paste)	1
Diced tomatoes (can)	14 ounces
Garlic (minced)	0.01 cups
Green cabbage (shredded)	1 cup
Green onion (diced)	0.25 cups
Green onions (chopped)	0.50 cups
Green onions (sliced)	

Ingredient	Quantity
Lemon (juice)	0.06 cups
Lettuce (leaves)	8
Lime (juice)	0.12 cups
Minced garlic (or 3 cloves, minced)	0.04 cups
Mushrooms (sliced thin)	1 cup
Mushrooms (sliced)	10.67 ounces
Onion (chopped)	4 cups
Onion (diced)	0.38 cups
Onion (minced)	0.50 cups
Onion (sliced thin)	0.67 cups
Scallions (sliced on the diagonal, for garnish)	
Scallions (thinly sliced)	
Zucchini (made into noodles)	4 cups
Proteins	
Bacon (chopped into bite size pieces)	2 slices
Bacon (diced)	5 slices
Boneless skinless chicken breasts	24 ounces
Boneless skinless chicken breasts (boneless, skinless cut into bite sized pieces)	32 ounces
Boneless skinless chicken thighs (skinless chicken thighs)	40 ounces
Ground beef 80% lean	21.33 ounces
Ground pork	16 ounces
Pork belly (in package; cut into 1/4-inch pieces)	12 ounces
Shrimp (large, peeled and deveined)	16 ounces
Spices and Extracts	
Berbere spice	0.25 cups
Chili flakes (flakes (or ½ tablespoon chili powder))	0.06 cups
Cinnamon	0.03 cups
Crushed red pepper flakes	0.04 cups
Crushed red pepper flakes	
Fine grain sea salt	0.01 cups
Fine grain sea salt (or Redmond Real salt, divided)	0.04 cups
Fine grain sea salt (or Redmond Real salt)	0.05 cups

Ingredient	Quantity
Fresh ground black pepper	0.04 cups
Sea salt	0.03 cups
Sea salt (fine grain or seasoned salt)	0.04 cups
Sea salt (fine grain, divided)	0.03 cups
Sea salt (fine grain)	0.01 cups
Vanilla extract	0.14 cups
Sweeteners	
Confectioners Swerve (plus 1-2 tsp stevia glycerite (or to desired sweetness))	0.50 cups
Liquid stevia (or Maple Stevia)	2 drops
Stevia glycerite ((or a few drops liquid stevia))	0.02 cups
Stevia glycerite ((or more to desired sweetness))	0.01 cups
Swerve (Confectioners (or equivalent))	0.33 cups