

Ingredient	Quantity
<b>Baking Products</b>	
Beef Broth ((homemade if possible!))	0.50 cups
Beef Broth ((homemade preferred, boxed will work but you will need guar gum for thickener))	0.50 cups
Chicken bone broth	1.50 cups
Chicken bone broth ((boxed will work))	4 cups
Coconut aminos ((or organic Tamari sauce))	0.31 cups
Coconut milk (in can)	14 ounces
Fish sauce	0.02 cups
Fish sauce ((optional for umami))	0.02 cups
Guar gum ((natural thickener) )	0.01 cups
Lemon juice	0.12 cups
Lemon juice (freshly squeezed)	0.04 cups
Lime juice	1
<b>Canned Items</b>	
Can crabmeat (lump, drained)	24 ounces
Sauerkraut	1 cup
Tomato sauce	1.25 cups
<b>Condiments</b>	
Dijon mustard	0.02 cups
Mayonnaise ((homemade preferred), can use egg free mayo if egg allergy)	0.67 cups
Mayonnaise (or baconnaise)	0.75 cups
Thai red curry paste	0.09 cups
<b>Eggs</b>	
Eggs (sunny side up, omit if egg free)	12 large
Eggs	13 large
<b>Fats and Oils</b>	
Coconut oil	0.25 cups
MCT oil	0.19 cups
MCT oil (or expeller pressed extra virgin olive oil, divided)	0.12 cups
MCT oil (or extra virgin olive oil for garnish)	
Paleo fat	0.08 cups

Ingredient	Quantity
Sesame oil	0.06 cups
<b>Fresh Herbs</b>	
Chives (chopped)	0.37 cups
Fresh cilantro	0.25 cups
Fresh dill (chopped pickle)	0.25 cups
Fresh ginger (grated)	0.06 cups
Fresh ginger (minced)	0.06 cups
Fresh herbs (of your liking)	0.02 cups
Fresh thyme	1 sprig
<b>Produce</b>	
Avocado (cubed into ½ inch chunks)	1.50 cups
Bell peppers (for serving)	4 large
Cabbage (shredded)	6 cups
Celery stalk (cut into 1/4-inch pieces)	1 cup
Cherry tomatoes (for garnish)	
Diced tomatoes (with juice)	28 ounces
Green bell pepper (cut into thin strips)	1
Green chiles (chopped)	2
Green onions (chopped)	0.25 cups
Green onions (sliced into ½ inch pieces)	0.25 cups
Lettuce (leaves)	8
Minced garlic	0.10 cups
Minced garlic (or 3 cloves, minced )	0.04 cups
Mushrooms (sliced)	10.67 ounces
Napa Cabbage (sliced thin )	1 cup
Onion (chopped)	0.25 cups
Onion (cut into thin strips)	0.50 cups
Onion (diced)	0.25 cups
Onion (sliced thin)	0.67 cups
Red bell pepper (chopped)	1
Red bell pepper (cut into thin strips)	1
Red onion (diced)	0.50 cups
Shallots (diced)	3

Ingredient	Quantity
<b>Proteins</b>	
Bacon (diced (fried))	4 pieces
Bacon (diced, fried and crumbled)	1.50 cups
Bacon (diced)	5 slices
Chicken breasts (skinless boneless, cut into 2 inch pieces)	16 ounces
Chicken thighs (skin removed for cracklings)	4
Chorizo sausage (removed from casing)	16 ounces
Cross-cut beef marrow bones (or veal)	2 2-inch
Flank steak (sliced very thinly against the grain)	16 ounces
Ground beef 80% lean	21.33 ounces
Ground beef 80% lean (grass fed)	16 ounces
Ground pork	16 ounces
Ham (about 4 inches in diameter)	6 slices
Pork chop (four 5 ounce chops)	20 ounces
<b>Spices and Extracts</b>	
Cayenne pepper	0.01 cups
Chili powder	0.12 cups
Dried Thai chiles	4
Fresh ground black pepper	0.11 cups
Fresh ground black pepper (divided)	0.01 cups
Fresh ground black pepper (for garnish)	
Ground cumin	0.02 cups
Ground dried oregano	0.04 cups
Paprika	0.01 cups
Sea salt	0.003 cups
Sea salt (Celtic)	0.01 cups
Sea salt (fine grain or seasoned salt)	0.04 cups
Sea salt (fine grain, divided)	0.05 cups
Sea salt (fine grain)	0.06 cups
Sea salt and pepper to taste	
Sea salt and pepper to taste (fine grain)	
Tarragon (minced fresh leaves)	0.04 cups

Ingredient	Quantity
<b>Sweeteners</b>	
Stevia glycerite (optional)	0.02 cups
Stevia glycerite (or 2 tablespoons powdered natural sweetener )	1 drop