

Produce

- Bell Peppers
 - Green - 1/2 cup
 - Red - 1/2 cup
- Bok Choy - 2 cups
- Broccoli - 3 cups
- Cabbage, 12-15 leaves
- Carrots - 6 medium
- Cauliflower - 4 cups
- Celery - 4 stalks
- Garlic - 6 cloves
- Ginger Root - 2 tbsp
- Green Onion - 2 large bunches
- Long Beans - 2 lbs
- Mushrooms - 1/2 cup
- Oyster Mushrooms - 1/2 cup
- Shallots - 1/4 cup
- Snow Peas - 1 cup

Other

- Almonds (Raw) - 1 cup
- Arrowroot Flour - 1-3/4 cups + 1 tsp
- Baking Powder (Gluten-free) - 1-1/2 tsp
- Bamboo Shoots - 1/2 cup
- Blanched Almond Flour - 2 cups
- Butter - 1/2 cup
- Chicken Stock - 3 quarts
- Coconut Aminos - 1-3/4 cups
- Dried Chiles - 3 small
- Fish Sauce - 1 tbsp
- Maple Syrup - 1 cup
- Sesame Seeds (Toasted) - 1 tbsp
- Toasted Sesame Oil - 1/3 cup
- Vanilla Extract - 1 tsp
- Water Chestnuts - 1/2 cup
- White Vinegar - 1/4 cup

Meat

- Boneless, Skinless Chicken Thighs - 3 lbs
- Eggs - 2
- Ground Pork - 1 lb
- Pork (loin) - 1/2 lb
- Shrimp - 6-8 large + 2 cups

Oils & Fats

- Duck Fat - 2 cups + 2 tsp



Produce

- Asparagus - 2 lbs
- Carrots - 4 large
- Green Onion - 1 small bunch
- Lemon - 1
- Onions- 2
- Sweet Potatoes - 4 large

Meat

- Eggs - 14
- Ham - 6 slices
- Pork Belly - 1 lb

Other

- Baking Soda - 1/4 tsp
- Chicken Stock - 1 cup
- Coconut Flour - 1/4 cup
- Dried Bolete Mushrooms - 1 cup
- Maple Sugar - 1 Tbsp
- Maple Syrup - for pancakes, garnish

Oils & Fats

- Butter (Unsalted) - 12 Tbsp
- Coconut Oil - 1 Tbsp

Spices

- Cayenne Pepper
- Cinnamon
- Cinnamon Sticks - for garnish
- Garlic Powder
- Onion Powder
- Rosemary (Dried)
- Smoked Paprika

Spring Time Tea Party



Produce

- Carrots - 3 large
- Cucumbers, seedless - 2 large
- Lemon - 1/2
- Orange - 1
- Zucchini - 1/2 cup shredded

Fresh Herbs

- Chives - 1/2 cup + for garnish
- Dill, for garnish

Other

- Arrowroot Flour - 1 cup
- Baking Powder (Gluten-free) - 6 tsp
- Blanched Almond Flour - 5-1/2 cups
- Candied Ginger - 1 tsp
- Currants - 1/2 cup
- Dried Cranberries - 1 cup
- Loose Leaf Rooibos Tea - 4 Tbsp
- Olives
 - Black - 1/2 cup
 - Green - 1/2 cup
 - Kalamata - 1/2 cup
- Pure Maple Sugar Cubes (for tea)
- Pure Maple Syrup - 1/2 cup

Meat

- Eggs - 4
- Smoked Salmon - 8 oz.

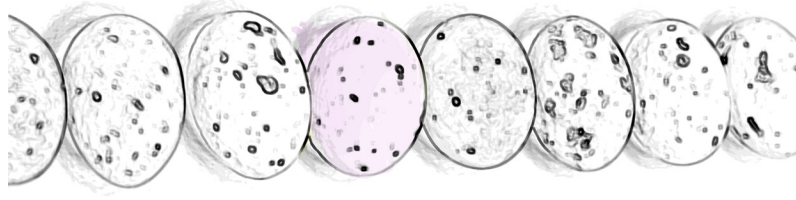
Oils & Fats

- Butter, Salted - 1-1/4 cup
- Coconut Oil - 1/2 cup
- Extra Virgin Olive Oil - 3/4 cup

Spices

- Cinnamon
- Ground Nutmeg

Easter Lunch



Produce

- Avocado - 1
- Berries for tart garnish - 1/4 cup
- Grapefruit - 1 large
- Heirloom Tomato - 1 medium
- Meyer Lemons - 2
- Rainbow Carrots - 2 lbs
- Red Onion - 1 medium
- Spring Mix Salad Greens - 5 cups
- Sweet Potatoes (Garnet or Jewel) - 3 large

Fresh Herbs

- Chives - 1 Tbsp minced + for garnish
- Marjoram - 1 Tbsp minced

Other

- Apple Juice (Pure) - 6 cups
- Baking Soda - 1 tsp
- Balsamic Vinegar - 1/8 cup
- Blanched Almond Flour - 2-1/2 cups
- Coconut Milk - 1/4 cup
- Creme Fraiche - 1 Tbsp
- Honey (Pure) - 1/2 cup
- Maple Sugar, Granulated - 1 cup
- Maple Syrup (Pure) - 2 Tbsp
- Vanilla Extract (Pure) - 1 tsp
- Walnuts - 1/8 cup chopped

Meat

- Eggs - 19
- Ham (Cured) - 5-6 lbs

Oils & Fats

- Butter (Unsalted) - 1-1/2 cups + 2 Tbsp
- Extra Virgin Olive Oil - 1/4 cup
- Palm Shortening - 1/2 cup

Spices

- Cinnamon
- Garlic Powder
- Paprika
- Whole Cloves



Backyard Picnic

Produce

- Apple (Red) - 1 medium
- Blueberries - 2 cups
- Carrots - 6 medium
- Celery - 1 cup chopped
- Fennel - 1 medium
- Garlic - 1 clove
- Heirloom Tomatoes - 2 large
- Lemon - 1
- Peaches - 2 large
- Turnips - 10 medium

Fresh Herbs

- Cilantro - 2 Tbsp
- Chives - 1 Tbsp chopped
- Dill - 2 tsp
- Parsley - 1 Tbsp

Other

- Apple Cider Vinegar - 2 Tbsp
- Baking Soda - 1/2 tsp
- Brown Mustard - 1/4 cup + 1 Tbsp
- Cherry Balsamic Vinegar - 3 Tbsp
- Coconut Aminos - 1/2 cup
- Coconut Flour - 1/2 cup
- Coconut Milk - 1/4 cup
- Fish Sauce - 5 drops
- Honey - 1 tsp
- Maple Syrup (Pure) - 1/2 cup
- Vanilla Extract (Pure) - 1 tea-spoon

Meat

- Eggs - 9
- Ham, 8 oz, cubed
- Pork Ribs, Country Style - 3 lbs

Oils & Fats

- Coconut Oil - 1/3 cup
- Extra Virgin Olive Oil - 1/2 cup
- Palm Shortening - 1/2 cup
- Sesame oil - 1/3 cup

Spices

- Paprika
- Poppy Seeds



A night in Tuscany

Produce

- Asparagus - 2 lbs
- Bell Peppers
Red - 4
- Garlic - 4 cloves
- Lemon - 1
- Red Onion - 1 medium
- Romaine Lettuce - 8 cups
chopped
- Tomato - 1 medium
- Tomatoes, Cherry - 1/2 cup
- Yellow Onion - 1 small

Fresh Herbs

- Basil - 10 leaves

Other

- Almond Flour, Blanched - 4
cups
- Arrowroot Flour - 3/4 cup
- Artichoke Hearts - 3/4 cup
- Baking Powder (Gluten-free)
- 4 tsp
- Balsamic Vinegar - 1/3 cup
- Buffalo Mozzarella - 1/2 cup
- Capers - 1/8 cup
- Cocoa Powder - 1/4 cup
- Coffee, Ground - 1/4 cup
- Crushed Tomatoes, Fire-
Roasted - 14 oz.
- Green Olives - 1/3 cup
- Maple Syrup - 1/4 cup
- Tomato Paste - 6 oz.

Meat

- Eggs - 3 + 3 additional yolks
- Salmon Filet - 3 lb piece
- Sopressata - 1/2 cup chopped

Oils & Fats

- Butter, Unsalted - 3 Tbsp
- Coconut Oil - 1/4 cup
- Extra Virgin Olive Oil - 2 cups

Spices

- Dried Basil
- Dried Marjoram
- Dried Oregano
- Garlic Powder
- Onion Powder
- Red Pepper Flakes



Midsummer Garden Party

Produce

- Apples (Green or Red) - 5 medium
- Bell Peppers, Red - 3
- Carrots - 4 large
- Eggplant - 1
- Green Beans - 2 lbs
- Lemons - 2
- Lime - 1
- Portabello Mushrooms - 2
- Red Onion - 1
- Watermelon (Seedless) - 1/2 medium
- White Mushrooms - 3 cups
- Yellow Onion - 1
- Yellow Squash - 2
- Zucchini - 2

Other

- Almond Flour, Blanched - 3 cups
- Arrowroot Flour - 1 cup
- Artichoke Hearts - 1 can
- Baking Soda - 1 tsp
- Balsamic Vinegar - 1/2 cup
- Black Olives - 1 can
- Maple Sugar - 1/4 cup
- Maple Syrup - 1/4 cup
- Vanilla Extract - 1 Tbsp

Fresh Herbs

- Mint Leaves - 1/2 cup
- Thyme - 1 bunch

Meat

- Bacon, Nitrate-free - 18 oz
- Chicken Thighs, Boneless, Skinless - 18 thighs
- Eggs - 3
- Shrimp, Raw, Peeled - 1-1/2 lbs

Oils & Fats

- Butter, Unsalted - 4 Tbsp
- Extra Virgin Olive Oil - 1/4 cup
- Macadamia Nut Oil - 1/2 cup
- Palm Shortening - 1/2 cup

Spices

- Dried Basil
- Dried Oregano
- Ground Cinnamon
- Nutmeg, Freshly Grated



Tropical Getaway

Produce

- Bell Pepper, Green - 1
- Carrot - 1
- Garlic - 9 cloves
- Lemons - 5
- Limes - 2
- Mangoes - 2
- Micro-Greens - 5 cups (substitute spring greens if no micro-greens.)
- Plantains, Green - 5
- Red Onion - 1
- Tomato - 1/4 cup diced
- Tomatoes, Cherry - 6

Fresh Herbs

- Rosemary - 5 sprigs

Spices

- Rubbed Sage

Meat

- Lobster Tails, Spiny - 6 (can substitute cold water tails if warm water tails are not available)
- Red Snapper - 4 whole (about 1/2 lb each)

Oils & Fats

- Butter, Unsalted - 2/3 cup
- Extra Virgin Olive Oil - 1/4 cup
- Lard - 1/2 cup (or other saturated animal fat like tallow or duck fat)



A TASTE OF CUBA

Produce

- Bell Pepper
 - Green - 1
 - Red - 1
- Cauliflower, Yellow - 3 heads
- Garlic - 17 cloves
- Lemons - 5 large
- Limes - 4
- Orange - 1
- Scallions - 3
- Yellow Onions - 2 large
- Yuca - 2 lbs

Fresh Herbs

- Cilantro - 1/4 cup
- Flat Leaf Parsley (enough to garnish 2 dishes)

Other

- Coconut Milk - 1-3/4 cups
- Dark Coconut Rum - 3 Tbsp
- Heavy Whipping Cream - 1 cup
- Maple Sugar - 1-1/2 cup
- Shredded Coconut - 1/4 cup

Spices

- Dried Oregano
- Red Pepper Flakes
- Saffron - 8 strands

Meat

- Eggs - 3 whole + 5 yolks
- Pork Ribs - 2 full racks
- Wahoo (White Fish) - 3 lbs

Oils & Fats

- Butter, Unsalted - 3/4 cup
- Coconut Oil - 3 Tbsp
- Macadamia Nut Oil - 1/2 cup

URBAN ESCAPE



Produce

- Blackberries - 12 oz.
- Garlic - 2 cloves
- Ginger Root - 1 Tbsp
- Japanese Eggplant - 12 small
- Lemon - 1 + zest of 1/2
- Red Onion - 1
- Rhubarb - 2 stalks
- Yellow Onion - 1

Fresh Herbs

- Chives - 2 Tbsp minced
- Dill - 2 Tbsp minced
- Rosemary - 2 Tbsp minced
- Sage - 1 bunch
- Thyme - 2 Tbsp minced

Other

- Almond Flour, Blanched - 1-1/2 cups
- Almonds, Raw - 1 cup
- Artichoke Bottoms - 18 (about 3 cans)
- Baking Soda - 1/2 tsp
- Coconut Milk - 16 oz
- Maple Sugar - 2 Tbsp
- Maple Syrup - 3/4 cup
- Medjool Dates - 10
- Pecans, Raw - 1 cup
- Walnuts, Raw - 1 cup
- White Balsamic Vinegar - 1 Tbsp
- Vanilla Bean - 1 pod
- Vanilla Extract - 2 tsp

Meat

- Eggs - 6
- Lamb Chops - 18 single-rib chops
- Lump Crab Meat - 1 lb

Oils & Fats

- Butter, Unsalted - 12 Tbsp
- Macadamia Nut Oil - 1 cup

Spices

- Allspice
- Garlic Powder
- Ground Cinnamon
- Onion Powder
- Yellow Mustard Seed, Ground



Produce

- Acorn Squash - 3
- Apples, Honeycrisp (or other sweet variety) - 4-6 large
- Bell Peppers, Green - 3
- Red Onion - 1
- Salad Greens, Mixed - 8 cups
- Yellow Onion - 1 large

Meat

- Eggs - 10
- Chicken (Whole) - 7 lbs
- Pork Loin - 5 lbs

Other

- Baking Soda - 1 tsp
- Chicken Stock - 2 cups
- Coconut Flour - 3/4 cup
- Cream Cheese - 16 oz.
- Dried Cherries - 1 cup
- Fig Balsamic Vinegar - 1/2 cup (or any fruity balsamic vinegar)
- Fire-Roasted Tomatoes - 28 oz.
- Maple Syrup - 1-1/4 cup
- Pecans - 1/2 cup
- Pumpkin Puree - 22 oz
- Spicy Brown Mustard - 2 Tbsp
- Tomato Paste - 6 oz.
- Vanilla Extract - 1 Tbsp
- Walnuts - 1-1/2 cups

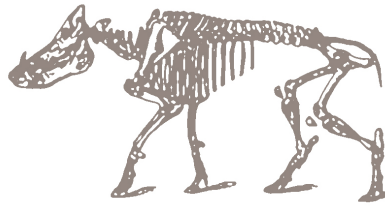
Oils & Fats

- Butter, Unsalted - 4 Tbsp
- Coconut Oil - 1 cup
- Duck Fat - 3 Tbsp
- Extra Virgin Olive Oil - 1/8 cup

Spices

- Chipotle Powder
- Cinnamon Stick - 1
- Garlic Powder
- Ground Cinnamon
- Ground Ginger
- Ground Nutmeg
- Onion Powder
- Smoked Paprika

Spooky Supper



Produce

- Apples, (a very small variety like Lady apples) - 10
- Asian Pear - 1
- Avocados, Haas - 5
- Carrots - 4 large
- Garlic - 3 cloves
- Lemon - 1
- Lime - 1
- Plantains, Green - 5
- Raspberries, Frozen - 2 cups
- Shallot - 1
- Spaghetti Squash - 2 large
- Yellow Onions - 1 large, 1 small

Fresh Herbs

- Cilantro - 1/4 cup
- Flat Leaf Parsley - for garnish

Other

- Almond Flour, Blanched - 3 cups
- Arrowroot Flour - 3/4 cup
- Baking Powder (gluten-free) - 2 tsp
- Balsamic Vinegar - 1/4 cup
- Beef Stock - 4 cups
- Cocoa Powder - 1/4 cup
- Coconut Butter - 1/2 cup
- Coconut Flour - 1/2 cup
- Coconut Milk - 1/4 cup
- Currants - 1/4 cup
- Dark Chocolate Chips - 1-1/2 cups
- Green Olives - 24
- Heavy Cream - 1-3/4 cup
- Maple Sugar - 1-1/2 cups
- Maple Syrup (Pure) - 1-3/4 cup
- Pimentos - 1 small jar
- Red Wine - 1 cup
- Tomato Paste - 6 oz
- Tomato Sauce (no salt added) - 2 cans (28 oz)
- Vanilla Extract - 1 tsp

Meat

- Beef Heart - 1 lb
- Beef Marrow Bones - 5
- Eggs - 7
- Ground Beef - 3 lbs
- London Broil - 3 lbs

Oils & Fats

- Beef Tallow - 2 Tbsp
- Butter, Unsalted - 6 Tbsp
- Coconut Oil - 1 cup + 2 Tbsp
- Duck Fat - 1 Tbsp
- Palm Shortening - 3/4 cup

Spices

- Cinnamon
- Coriander
- Dried Oregano
- Garlic Powder
- Onion Powder
- Smoked Paprika

Thanksgiving



Produce

- Bosc Pears (Firm) - 4
- Carrots - 3 large
- Celery Hearts - 3
- Cranberries, Fresh - 3 lbs
- Garlic - 10 cloves
- Granny Smith Apples - 3 medium
- Green Beans - 2 lbs
- Lemon - 1
- Medjool Dates - 5 cups
- Mixed Salad Greens - 10 cups
- Onions - 2
- Shallots - 3
- White Mushrooms - 24 oz

Fresh Herbs

- Rosemary - 1/4 cup minced
- Sage - 1/3 cup minced
- Thyme - 1/4 cup minced

Other

- Baking Soda - 1/2 tsp
- Blanched Almond Flour - 2-1/2 cups
- Chestnuts (Chopped and Cooked) - 6-1/2 oz
- Coconut Flour - 1 Tbsp
- Dried Cranberries - 8 oz
- Gorgonzola Cheese - 1/2 cup
- Grape Juice - 3 cups
- Maple Syrup - 1/2 cup + 2 Tbsp
- Molasses - 2 Tbsp
- Pecan Halves, Raw - 3-1/2 cups
- Spicy Mustard - 1 Tbsp
- Vanilla Extract - 2 tsp
- White Balsamic Vinegar - 1/4 cup

Meat

- Egg Whites - 1/2 cup
- Eggs - 3
- Ground Veal - 3 lbs
- Turkey - 20 lbs

Oils & Fats

- Butter, Unsalted - 1/4 cup
- Coconut Oil - 2 Tbsp
- Duck Fat - 3 Tbsp
- Extra Virgin Olive Oil - 1/2 cup
- Palm Shortening - 1/2 cup

Spices

- Anise
- Cayenne Pepper
- Cinnamon
- Fennel Seeds
- Garlic Powder
- Ginger
- Nutmeg (Ground)
- Onion Powder
- Paprika



hunter gatherer feast

Produce

- Carrots - 5 large
- Celery - 1 heart
- Garlic - 3 cloves
- Granny Smith Apple - 1
- Green Onion - 1 stalk
- Mushrooms
 - Crimini - 1 cup
 - Maitake - 2 cups
 - Shiitake - 1 cup
- Potatoes, Fingerling
 - Blue - 1/2 lb
 - Sweet - 1/2 lb
 - White - 1/2 lb
- Shallots - 3
- Yellow Onion - 2 large

Fresh Herbs

- Flat Leaf Parsley - 1 Tbsp
- Rosemary - 1 sprig
- Tarragon - 1 Tbsp
- Thyme - 1/8 cup

Other

- Arrowroot Flour - 1 Tbsp
- Beef Stock (or Marrow Bones and Apple Cider Vinegar to make bone broth) - 1 quart + 1 cup
- Chicken Stock (or a Chicken Carcass and Apple Cider Vinegar to make bone broth) - 3 quarts
- Chocolate Raspberry Balsamic Vinegar (or any fruity Balsamic Vinegar) - 3 Tbsp
- Coconut Aminos - 2 Tbsp
- Crushed Pineapple - 8 oz
- Heavy Cream - 1 quart
- Maple Sugar - 1 cup + 1 tsp
- Port Wine - 1-1/8 cups
- Tomato Sauce - 15 oz
- Vanilla Bean - 1

Meat

- Egg yolks - 6
- Elk Steaks (or other type of steaks) - 10 at 6-8 oz each
- Ground Venison - 2 lbs
- Hot Italian Venison Sausage (or Pork Sausage) - 1 lb
- Venison Roast - 4 lbs

Oils & Fats

- Bacon Fat - 3 Tbsp
- Beef Tallow - 2 Tbsp
- Butter, Unsalted - 2 Tbsp
- Duck Fat - 3 Tbsp

Spices

- Garlic Powder
- Onion Powder



Birthday Celebration

Produce

- Carrots - 3 large
- Garlic - 3 cloves
- Lemon - 1 large
- Spinach, Raw - 5 cups
- Sweet Potato, White - 1 medium
- Yellow Onion - 1 medium
- Zucchini - 2 small

Oils & Fats

- Butter, Unsalted - 1 cup
- Coconut Oil - 3/4 cup + 1 Tbsp
- Extra Virgin Olive Oil - 1/3 cup
- Lard (For Frying) - 5-10 cups (Can substitute Tallow or Coconut Oil)
- Palm Shortening - 3 cups
- Sesame Oil - 1/3 cup

Other

- Apple Cider Vinegar - 2 Tbsp
- Arrowroot Flour - 2-1/4 cups
- Artichoke Hearts - 28 oz (2 cans)
- Baking Powder (Gluten-free) - 6 tsp
- Blanched Almond Flour - 8 cups
- Cashews, Raw - 2 cups
- Cocoa Powder - 2 Tbsp
- Coconut Aminos - 1 Tbsp
- Coconut Milk, Full Fat - 1 cup
- Heavy Cream - 1 cup
- Lewis Labs Brewers Nutritional Yeast - 1 Tbsp
- Maple Sugar - 1 cup
- Maple Syrup - 1 Tbsp
- Spicy Brown Mustard - 3 Tbsp
- Tapioca Flour - 1/4 cup
- Vanilla Bean Pod - 1/2
- Vanilla Extract, Pure - 2 tsp

Meat

- Chicken Thighs, Boneless Skinless - 1-1/2 lbs
- Eggs - 12
- Ground Pork - 2 lbs

Spices

- Dried Oregano
- Dried Rosemary
- Dried Sage
- Dried Thyme
- Fennel Seeds
- Garlic Powder
- Onion Powder
- Paprika
- Sesame Seeds

WINTER HOLIDAY



Produce

- Cabbage
 - Green - 1 medium
 - Purple - 1 medium
- Mixed Salad Greens - 10 cups
- Pineapple - 1
- Pomegranate Seeds - 1/2 cup
- Satsuma Oranges (or 4 Clementines) - 3
- Sweet Potatoes, Garnet or Jewel (sometimes marked as yams) - 8 medium

Fresh Herbs

- Thyme - 2 Tbsp

Other

- Arrowroot Flour - 1/4 cup + 2 Tbsp
- Baking Soda - 1-1/2 tsp
- Blanched Almond Flour - 3-1/2 cups
- Coconut Sugar - 1/2 cup
- Creme Fraiche - 8 oz
- Espresso (or Coffee) - 2 Tbsp
- Fig Balsamic Vinegar - 1/3 cup (may substitute another fruity balsamic vinegar)
- Heavy Cream - 1 cup
- Horseradish, Pure - 1/2 cup
- Maple Sugar - 1-1/2 cups
- Maple Syrup - 1/4 cup
- Powdered Cane Sugar (Organic) - 1-1/2 cups
- Sour Cream - 1 cup
- Walnuts, Raw - 3/4 cup
- Vanilla Extract, Pure - 2 tsp

Meat

- Eggs - 7
- Standing Rib Roast (Frenched) - 4 rib portion

Oils & Fats

- Butter, Unsalted - 2-1/2 cups
- Extra Virgin Olive Oil - 1/4 cup
- Lard - 6 Tbsp

Spices

- Cinnamon
- Dried Dill Weed
- Dried Rosemary
- Dried Sage
- Dried Thyme
- Onion Powder

New Years Cocktail Party

Produce

- Bell Peppers, Red - 4
- Butternut Squash - 5 cups cubed
- Carrots - 2 large
- Cherries - 12, for garnish
- Garlic - 1 clove
- Pineapple - cubed, for garnish
- Yellow Onion - 1/2 large

Fresh Herbs

- Chives - for garnish

Other

- Apple Cider Vinegar - 4 Tbsp
- Arrowroot Flour - 1-1/2 cup
- Artichoke Hearts - 28 oz
- Baking Powder (Gluten Free) - 3 tsp
- Black Mission Figs - 1/2 cup, dried and chopped
- Blanched Almond Flour - 4-1/2 cups
- Chocolate Raspberry Balsamic Vinegar (or similar) - 1 cup
- Cocoa Powder - for garnish
- Dark Chocolate (70%) - 6 oz
- Goat Cheese - 8 oz
- Green Olives - 14 oz
- Heavy Cream - 1/2 cup
- Horseradish - 2 Tbsp
- Maple Syrup - 1 Tbsp
- Spicy Brown Mustard - 1 cup
- Vanilla Extract, Pure - 1 tsp

Meat

- Bacon - 3 strips
- Chicken Bones (or Carcasses) - 3 lbs
- Cocktail Weiners (Wellshire Brand) - 36
- Eggs - 3
- Soppressata - 8 oz

Oils & Fats

- Extra Virgin Olive Oil - 1 cup

Spices

- Cinnamon
- Dried Marjoram
- Dried Oregano
- Garlic Powder
- Ginger
- Nutmeg
- Onion Powder
- Red Pepper Flakes