

# Recipes for Repair: Phase 1 Shopping List

Plan a week's worth of recipes using the downloadable Meal Planning grid on our website or use the Phase 1 meal plan provided on pages 70 and 71 of our book. Go through each recipe and mark down how much of the following ingredients you need. Bring this list with you to make your shopping trip more efficient. Non-perishables can often times be purchased online for a much better price than in the store. Go to "Our Favorite Products" under the Shop menu item on our web site for some great online deals.

## Beverages

Açai juice \_\_\_\_\_  
Blackberry juice \_\_\_\_\_  
Blueberry juice \_\_\_\_\_  
Cherry juice \_\_\_\_\_  
Cranberry juice \_\_\_\_\_  
Pomegranate juice \_\_\_\_\_  
Pure filtered water \_\_\_\_\_  
Raspberry juice \_\_\_\_\_  
Rooibos tea \_\_\_\_\_

## Fruits

Açai \_\_\_\_\_  
Avocado \_\_\_\_\_  
Blackberries \_\_\_\_\_  
Blueberries \_\_\_\_\_  
Cherries \_\_\_\_\_  
Coconut \_\_\_\_\_  
Cranberries \_\_\_\_\_  
Green apple \_\_\_\_\_  
Pomegranate \_\_\_\_\_  
Raspberry \_\_\_\_\_

## Nuts and Seeds

Almonds \_\_\_\_\_  
Chia seeds \_\_\_\_\_  
Flaxseed \_\_\_\_\_  
Pine nuts \_\_\_\_\_  
Walnuts \_\_\_\_\_

## Vegetables

Artichoke \_\_\_\_\_  
Arugula \_\_\_\_\_  
Asparagus \_\_\_\_\_  
Beets \_\_\_\_\_  
Bok choy \_\_\_\_\_  
Broccoli \_\_\_\_\_  
Cauliflower \_\_\_\_\_  
Brussels sprouts \_\_\_\_\_  
Cabbage \_\_\_\_\_  
Carrots \_\_\_\_\_  
Celery \_\_\_\_\_  
Chard \_\_\_\_\_  
Collard greens \_\_\_\_\_  
Cucumber \_\_\_\_\_  
Garlic \_\_\_\_\_  
Kale \_\_\_\_\_

Leeks \_\_\_\_\_  
Mushrooms \_\_\_\_\_  
Mustard greens \_\_\_\_\_  
Onions \_\_\_\_\_  
Lettuce \_\_\_\_\_  
Scallions \_\_\_\_\_  
Spinach \_\_\_\_\_  
Sprouts \_\_\_\_\_  
String beans \_\_\_\_\_  
Watercress \_\_\_\_\_

## Grains

Brown rice \_\_\_\_\_  
Wild rice \_\_\_\_\_

## Protein (organic, if possible)

Eggs (free-range) \_\_\_\_\_  
Haddock \_\_\_\_\_  
Halibut \_\_\_\_\_  
Flounder \_\_\_\_\_  
Mackerel \_\_\_\_\_  
Salmon \_\_\_\_\_  
Sardines \_\_\_\_\_  
Sole \_\_\_\_\_  
Tilapia \_\_\_\_\_

## Herbs and Spices

Basil \_\_\_\_\_  
Bay leaf \_\_\_\_\_  
Cardamom \_\_\_\_\_  
Chives \_\_\_\_\_  
Cilantro \_\_\_\_\_  
Cinnamon \_\_\_\_\_  
Cloves \_\_\_\_\_  
Cumin \_\_\_\_\_  
Curry \_\_\_\_\_  
Ginger \_\_\_\_\_  
Lemon grass \_\_\_\_\_  
Mint \_\_\_\_\_  
Mustard \_\_\_\_\_  
Mustard powder \_\_\_\_\_  
Mustard seed \_\_\_\_\_  
Oregano \_\_\_\_\_  
Parsley \_\_\_\_\_  
Rosemary \_\_\_\_\_  
Sage \_\_\_\_\_  
Sea salt \_\_\_\_\_

Thyme \_\_\_\_\_

## Fats

Extra virgin coconut oil \_\_\_\_\_  
Extra virgin olive oil \_\_\_\_\_  
Ghee \_\_\_\_\_  
Virgin olive oil \_\_\_\_\_

## Sweeteners

Lakanto \_\_\_\_\_  
Raw honey \_\_\_\_\_  
Stevia \_\_\_\_\_

## Other

Almond extract \_\_\_\_\_  
Baking soda \_\_\_\_\_  
Coconut aminos \_\_\_\_\_  
Coconut extract \_\_\_\_\_  
Cream of tartar \_\_\_\_\_  
Mint extract \_\_\_\_\_  
Raw apple cider Vinegar \_\_\_\_\_  
Vanilla extract \_\_\_\_\_

## List additional foods you may want prior to upcoming diet Phases

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**NOTE:** If berries are not available, or are too expensive fresh, substitute frozen (packed without sugar). Fresh herbs are preferable, but if they are not available they can be purchased dried.