



Shopping List

Proteins:

- (2-3 lbs) Ribeye Steak
- (3-4 lbs) Chicken Breast
- (1 pack) Norwegian Slice Smoked Salmon
- (24 pack) Cage Free Eggs
- (1 bag) Lentils

Eggs / Dairy

- Cage Free Eggs
- Kerrygold Grass Fed Butter
- Kerrygold Grass Fed Cheese (Dubliner)
- Feta Cheese

Veggies / Herbs / Starches / Fruits / Carbs

- Leafy Greens - Kale
- Leafy Greens - Spinach
- Romaine Lettuce
- Red, green, yellow, orange Bell Peppers
- Cucumber

Starches:

- Wild Rice (jasmine)
- GoldenYellow Potatoes
- Sweet Potatoes

- Lentils (canned)

Herbs

- Cilantro
- Parsley

Fruits:

- Orange
- Grapefruit
- Lemon

Nuts / Seeds:

- Walnuts
- Sunflower Seeds (unsalted)

Cooking Oils / Seasonings:

- Extra Virgin Olive Oil (EVO)
- Apple Cider Vinegar (ACV)

Seasonings:

- Pink Himalyan Salt
- Black Pepper
- Rosemary
- Paleo Powder
- Brazilian Steak Season

Dessert:

- 80% Dark Chocolate (Taza, Lindt, Alter Ego)

Protein

Ribeye Steak



Chicken Breast



Sliced Salmon



Salmon Filet



Pasture Raised Eggs



Lentils



Veggies / Herbs / Fruits / Seeds / Potato / Rice

Kale



Spinach



Romaine Lettuce



Cilantro



Bell Peppers



Cucumber



Orange



Grapefruit



Lemon



Walnuts



Seeds



Yukon potato



Dairy

Sweet Potato



Jasmine Rice



Kerrygold Butter



Kerrygold Cheese



Feta Cheese



Cottage Cheese



Seasonings / ACV & Olive Oil / Dark Chocolate

Pink Salt



Black Pepper



Paleo Powder



\$7-\$9

Steak Seasoning



Rosemary



Apple Cider Vinegar



Extra Virgin Olive Oil



Taza Dark Chocolate

\$5





Hydration Mix (First thing in AM)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Hydration Mix (44oz) Filtered Water (1 tbsp) Pink salt (1 cap) Apple Cider Vinegar (1-2) Lemon Wedges</p> <p>Optional: 5-10g Glutamine Sport 7-14g BCAA (1 scoop) Hydration Powder</p>	<p>Hydration Mix (44oz) Filtered Water (1 tbsp) Pink salt (1 cap) Apple Cider Vinegar (1-2) Lemon Wedges</p> <p>Optional: 5-10g Glutamine Sport 7-14g BCAA (1 scoop) Hydration Powder</p>	<p>Hydration Mix (44oz) Filtered Water (1 tbsp) Pink salt (1 cap) Apple Cider Vinegar (1-2) Lemon Wedges</p> <p>Optional: 5-10g Glutamine Sport 7-14g BCAA (1 scoop) Hydration Powder</p>	<p>Hydration Mix (44oz) Filtered Water (1 tbsp) Pink salt (1 cap) Apple Cider Vinegar (1-2) Lemon Wedges</p> <p>Optional: 5-10g Glutamine Sport 7-14g BCAA (1 scoop) Hydration Powder</p>	<p>Hydration Mix (44oz) Filtered Water (1 tbsp) Pink salt (1 cap) Apple Cider Vinegar (1-2) Lemon Wedges</p> <p>Optional: 5-10g Glutamine Sport 7-14g BCAA (1 scoop) Hydration Powder</p>

44oz Filter Water



Apple Cider Vinegar



Pink Salt or Sodium tablet



Lemon



Glutamine



BCAA













Hydration Formula















































Meal 1: Breakfast



























	Monday	Tuesday	Wednesday	Thursday	Friday
Protein, Fats,					
Veggies / Carbs					
Fruits, Carbs	Whole Orange 	Whole Grapefruit 	Whole Orange 	Whole Grapefruit 	Whole Orange 
Seasonings / Cooking Oils	Pink Salt 	Black Pepper 	Apple Cider Vinegar 	Extra Virgin Olive Oil 	Kerrygold Butter 



Meal 2: "Big Ass Salad"

	Monday	Tuesday	Wednesday	Thursday	Friday
Big Ass Salad	4-6oz Chicken 	4-6oz Chicken 	Romaine Lettuce 	4-6oz Chicken 	4-6oz Chicken 
	Romaine Lettuce 	Romaine Lettuce 	Cilantro 	Romaine Lettuce 	Romaine Lettuce 
	Cilantro 	Cilantro 	3oz Lemon 	Cilantro 	Cilantro 
	3oz Lemon 	3oz Lemon 	Quarter Bell Peppers 	3oz Lemon 	3oz Lemon 
	Quarter Bell Peppers 	Quarter Bell Peppers 	.5 Cucumber 	Quarter Bell Peppers 	Quarter Bell Peppers 
	.5 Cucumber 	.5 Cucumber 	2-3 tbsp Seeds 	.5 Cucumber 	.5 Cucumber 
	2-3 tbsp Seeds 	2-3 tbsp Seeds 	2-3 tbsp Walnut 	2-3 tbsp Seeds 	2-3 tbsp Seeds 
	2-3 tbsp Walnut 	2-3 tbsp Walnut 		2-3 tbsp Walnut 	2-3 tbsp Walnut 
	Pink Salt 	Black Pepper 	Apple CiderVin 	1- 2 tbsp Extra Virgin Olive Oil	
	Seasonings / Cooking Oils				

Meal 3: Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday
Protein, Fats,	<p>4-8oz Ribeye Steak</p> 	<p>4-8oz Ribeye Steak</p> 	<p>8-10 Oz Chicken Breast</p>  <p>2-4 eggs</p> 	<p>6-8oz Salmon Filet</p>  <p>2-4 eggs</p> 	<p>4-8oz Ribeye Steak</p> 
Veggies / Carbs	<p>1 handful Kale</p> 	<p>1 handful Spin.</p> 	<p>1 handful Kale</p> 	<p>1 handful Spin.</p> 	<p>1 handful Kale</p> 
Fruits, Carbs	<p>Yukon potato</p>  <p>Dark Chocolate</p> 	<p>Yukon potato</p>  <p>Whole Orange</p> 	<p>Yukon potato</p>  <p>Dark Chocolate</p> 	<p>Jasmine Rice</p>  <p>Whole Orange</p> 	<p>Jasmine Rice</p>  <p>Dark Chocolate</p> 
Seasonings / Cooking Oils	<p>Pink Salt</p> 	<p>Black Pepper</p> 	<p>Apple Cider Vinegar</p> 	<p>Extra Virgin Olive Oil</p> 	<p>Kerrygold Butter</p> 