

Shopping List



Autoimmune
Protocol

Autoimmune – Chronic Inflammation

(Shopping List to Serve 2)

Pantry Staples for the Month

DAIRY

Organic grass-fed butter
1 lb. of your favorite organic cheese per protocol list

SPICES (Always organic)

Basil - dried
Bay leaves
Cinnamon
Garlic powder
Ginger
Onion powder
Oregano – dried
Parsley
Pumpkin pie spice
Real salt or unrefined sea salt
Rosemary
Sage
Thyme
Turmeric
Vanilla extract

BAKING

Arrowroot flour
Baking powder – aluminum-free
Coconut aminos
Coconut flour
Fish sauce
Gelatin – grass-fed
Lakanto sweetener
Red wine vinegar
Sesame oil
Stevia – organic

CALTON NUTRITION PRODUCTS

2 Bags IN.POWER Protein Powder
1 Box Nutreince in your favorite flavor
1 Box Nutreince vanilla/chocolate
1 Bottle SKINNYFat Original
1 Bottle SKINNYFat Olive
1 Jar Stevita Delight Chocolate
1 Bottle Stevita Stevia Drops unflavored
1 Bottle Stevita Stevia Drops vanilla

Week 1

DAIRY

8 oz. Organic Parmesan cheese to grate
4 oz. Feta cheese
1 lb. Shredded organic cheddar cheese
2 (32 oz.) Organic full-fat plain Greek yogurt
3 (8 oz.) Blocks organic cream cheese
2 Pints grass-fed heavy cream – or 1 pints heavy cream and 2 cans organic coconut milk if using coconut milk in pudding and ice cream in lieu of heavy cream
10 Organic pasture-raised eggs

PRODUCE

2 Organic apples or favorite fruit from protocol list
2 Lemons
1 Lime
1 Grapefruit
Organic cilantro
Fresh organic oregano
Fresh basil for pesto
Fresh dill
4 Organic seedless cucumbers
Organic lettuce – to make 4 salads
1 Head organic broccoli
2 Large organic zucchini
2 Organic yellow squash
Asparagus to make 4 servings
1 Head organic cauliflower
Organic Brussels sprouts – 4 cups
Organic spinach to make 2 servings
6 Organic onions
2 Organic carrots
8 Cloves garlic

PROTEIN

1 lb. Organic pasture-raised ground beef
Steak to make 2 portions
1 ½ lb. Cooked protein of choice (chicken or shrimp)
1½ - 2 lb. Organic lamb loin
1½ lb. Wild-caught shrimp
Wild-caught salmon fillets to make 4 portions
Wild-caught fish fillets from protocol list to make 2 servings

CANNED GOODS -(BPA-free cans)

2 Cans (13 oz.) organic coconut milk (as listed above - see note under dairy)
2 Cans wild-caught salmon
1 Can (8 oz.) water chestnuts
1 Can (8 oz.) bamboo shoots
Organic chicken broth – 3 cups

MISC PANTRY

1 Bag organic frozen peas

Week 3

DAIRY

4 oz. Organic blue cheese
12 oz. Organic Parmesan cheese to grate
4 oz. Organic shredded Cheddar cheese
2 (8 oz.) Blocks of organic cream cheese
1 Pint organic grass-fed heavy cream
12 Organic pasture-raised eggs
Organic sour cream

PRODUCE

1 Lime
3 Medium organic apples
1 Melon
Organic cilantro
Fresh ginger
1 (10 oz.) Packages mushrooms
Organic lettuce to make 6 salads
2 Heads organic cauliflower
Organic Brussels sprouts (4 cups)
4 Large organic zucchini
Organic green beans (2 cups)
1 Organic yam
2 Organic sweet potatoes
3 Organic onions
12 Organic carrots
8 Stalks organic celery
5 Cloves garlic

PROTEIN

2 lb. Organic pasture-raised chicken wings
3 lb. Organic pasture-raised chicken thighs
1 Organic pasture-raised whole chicken
1 lb. Organic grass-fed ground beef
Organic pasture-raised steak to make 4 portions
1 lb. Organic ground lamb
1½ lb. Large wild-caught shrimp
1½ lb. Cooked protein of choice (chicken or shrimp)

CANNED GOODS (BPA-free cans)

2 Cans (13 oz.) organic coconut milk
1 Can (8 oz.) water chestnuts
1 Can (8 oz.) bamboo shoots
1 Can (5 oz.) wild-caught tuna
Organic chicken broth – 1 cup

MISC PANTRY

1 Bag organic frozen peas
1 Pack Miracle Noodles

Week 4

DAIRY

1 lb. Organic cheddar cheese
5 oz. Organic Parmesan cheese to grate
4 oz. Organic blue cheese
6 oz. Organic cheese choice from protocol list
2 oz. Organic Port du Salut
1 (32 oz.) Organic full-fat plain Greek yogurt
3 (8 oz.) Blocks of organic cream cheese
2 Pints organic grass-fed heavy cream – 1 pint heavy cream and 2 cans organic coconut milk if using coconut milk in pudding and ice cream in lieu of heavy cream
12 Organic pasture-raised eggs
Organic sour cream

PRODUCE

4 Lemons
1 Lime
Organic dill
Fresh ginger
Fresh organic basil for pesto
1 (10 oz.) Packages mushrooms
3 Avocado –
2 Heads organic cauliflower
3 Heads organic broccoli
Organic Brussels sprouts - 4 cups
1 Large organic zucchini
OR
1 Organic summer squash
Organic spinach – or asparagus –
1/3 cup cooked
2 Organic sweet potatoes
2 Organic baking potatoes
Vegetables of choice from protocol list to make 4 servings
Organic lettuce to make 4 salads
4 Organic onions
7 Cloves garlic

PROTEIN

2 lb. Organic ground beef
1 lb. Organic grass-fed beef tenderloin – or 4 tenderloin steaks
2½ lb. Organic pasture-raised chicken thighs
6 Slices organic pasture-raised bacon
1 ½ lb. Protein of choice (chicken, beef, or shrimp)
¼ lb. Organic liver
8 oz. Sliced wild-caught smoked salmon
Fish fillets of choice from protocol list to serve 2
4 Wild-caught haddock fillets

CANNED GOODS (BPA-free cans)

2 Cans (13 oz.) organic coconut milk (as Listed above - see note under dairy)
1 Can (6 oz.) organic tomato sauce
Organic chicken broth – 3 cups

MISC PANTRY

Pickles for SKINNYFat tarter sauce (Bubbies)
Sparkling soda