

Blood Sugar Regulation **(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
Cajun spice
Chili powder
Cinnamon
Coriander - ground
Cumin - ground
Curry powder
Garlic powder
Nutmeg - ground
Onion powder
Oregano - dried
Pepper
Peppercorns (tricolored)
Pumpkin pie spice
Real salt or unrefined sea salt
Red cayenne pepper – ground
Red-pepper flakes
Rosemary
Sage
Seafood seasoning
Thyme
Turmeric
Vanilla extract

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

BAKING

Arrowroot flour
Baking powder – aluminum-free
Buckwheat flour
Coconut aminos
Coconut flour
Dijon mustard
Fish sauce – sugar free
Garam masala
Gelatin – grass-fed
Lakanto sweetener
Rice flour - organic
Stevia – organic
Sesame oil

Week 1

DAIRY

4 oz. Crumbled organic blue cheese
5 oz. Organic Parmesan cheese to grate
8 oz. Feta cheese
2 oz. Shredded organic mozzarella cheese
1 lb. Shredded organic cheddar cheese
1 (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
13 Organic pasture-raised eggs

PRODUCE

1 Organic favorite fruit from protocol list
1 Lime
10 oz. Organic spinach
Organic cilantro
Fresh basil for pesto
2 Organic seedless cucumbers
Organic lettuce – to make 4 salads
2 Heads organic broccoli
1 Head organic cauliflower
Organic Brussels sprouts – (4 cups)
2 Organic russet potatoes
OR
2 Organic sweet potatoes
4 Organic onions
2 Organic carrots
2 Stalks organic celery
6 Cloves garlic

PROTEIN

1½ lbs. Organic pasture-raised ground chicken or beef
1 lb. Organic pasture-raised ground beef
1½ lb. Organic pasture-raised chicken thighs
Grass-fed steak to make 2 portions
Wild-caught salmon fillets to make 4 portions
1½ lbs. Medium to large wild-caught shrimp
4 Wild-caught haddock fillets (can use cod)

CANNED GOODS (BPA-free)

1 Can (28 oz.) organic fire-roasted diced tomatoes (BPA free can)
2 Cans (13 oz.) organic coconut milk (as listed above - see note under dairy)
1 Can (8 oz.) organic tomato sauce
Organic chicken stock – (3 cups)
2 Cans wild-caught salmon

MISC PANTRY

Sparkling or soda water
Organic pine nuts for pesto
Pickles for SKINNYFat Tarter Sauce (Bubbies)

Week 2

DAIRY

8 oz. Shredded organic mozzarella cheese
7 oz. Organic Parmesan cheese to grate
4 oz. Organic crumbled blue cheese
3 oz. Organic Gruyere cheese
2 oz. Organic cheese your choice from protocol list
2 oz. Organic Port du Salut cheese
1 (6 oz.) Organic plain Greek yogurt
3 (8 oz.) Blocks organic cream cheese
2 Pints organic grass-fed heavy cream – or 1 pint heavy cream and 3 cans organic coconut milk if using coconut milk in Moqueca and pudding in lieu of heavy cream
11 Organic pasture-raised eggs
Organic sour cream

PRODUCE

2 Limes - 3 limes if making Holy Moly Guacamole
1 Lemon
1 Avocado - 3 avocados if making Holy Moly Guacamole
2 (10 oz.) Packages mushrooms
Fresh organic basil for pesto
Organic cilantro
Fresh ginger
3 Sprigs of fresh organic thyme
1 Organic tomato if making Holy Moly Guacamole
4 Large organic zucchini
10 oz. Organic spinach
1 Organic red bell pepper
1 Organic green Chile pepper
1 Organic jalapeno pepper if making Holy Moly Guacamole
2 Heads organic cauliflower
Organic lettuce to make 4 salads & wraps
Organic green beans (2 cups)

Organic greens per protocol list to serve 2
1 Head organic broccoli
Vegetables of choice from protocol list to serve 2
7 Organic onions
7 Organic carrots
14 Cloves garlic

PROTEIN

4 Slices organic pasture-raised bacon
2 lb. Organic pasture-raised chicken thighs
5 Organic pasture-raised chicken legs or 1 whole organic chicken
1½ lb. Organic pasture-raised pork loin
¼ lb. Organic liver
1 lb. Organic grass-fed ground beef
1 lb. Wild-caught shrimp
1½ lb. Wild-caught white fish (grouper, mahi mahi, flounder, or snapper)
2 lb. Large sea scallops

CANNED GOODS (BPA-free)

Organic dry packed tomatoes
1 Can (28 oz.) organic diced tomatoes (BPA free can)
1 Can (6 oz.) organic tomato paste
1 Can (8 oz.) organic tomato sauce
3 Cans (13 oz.) organic coconut milk (as listed above - see note under dairy)
Organic chicken broth – ¾ cup

MISC PANTRY

Organic dry-packed sun-dried tomatoes – (1 cup)
Organic salsa
Organic dry red wine
Chopped walnuts
Raisins
Unsweetened coconut
Organic Macadamia nuts
Organic pine nuts for pesto

Week 3

DAIRY

4 oz. Organic blue cheese
12 oz. Organic Parmesan cheese to grate
4 oz. Organic shredded Cheddar cheese
3 (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
1 Medium organic pumpkin
3 Sprigs fresh organic rosemary
1 Organic Serrano pepper
Organic cilantro
Fresh ginger
Organic lettuce to make 4 salads
1 (10 oz.) Packages mushrooms
3 Heads organic cauliflower
10 Large organic Roma tomatoes or 1 can organic diced tomatoes
4 Large organic zucchini
Organic green beans – 2 cups
7 Organic onions
14 Organic carrots
8 Stalks organic celery
9 Cloves garlic

PROTEIN

2 lb. Organic pasture-raised chicken wings
1 lb. Organic pasture-raised chicken thighs
1 Organic pasture-raised whole chicken
2½ lb. Organic grass-fed ground beef
3½ lb. Large wild-caught shrimp
1½ lb. Cooked protein of choice (chicken or shrimp)

CANNED GOODS (BPA-free)

4 Cans (13 oz.) organic coconut milk
1 Can organic diced tomatoes (as listed above)
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

2 Bags organic frozen peas
1 Pack Miracle Noodles

Week 4

DAIRY

4 oz. Organic feta cheese
1 lb. Organic mozzarella cheese
6 oz. Organic Parmesan cheese to grate
6 oz. Organic cheese choice from protocol list
2 (32 oz.) Organic full-fat plain Greek yogurt
3 (8 oz.) Blocks of organic cream cheese
1 Pint organic grass-fed heavy cream –
0 pint heavy cream and 2 cans (13 oz)
organic coconut milk if using coconut
milk in pudding and ice cream in lieu of
heavy cream
14 Organic pasture-raised eggs
Organic sour cream

PRODUCE

4 Lemons
2 Limes – 3 limes for Guacamole
Organic dill
Fresh ginger
Organic cilantro
Fresh organic oregano
Fresh organic basil for pesto
4 Large Portobello mushroom caps
2 Organic yellow squash
2 Hot peppers for SKINNYFat pizza in
a bottle Italian-infused oil
1 Avocado - 3 avocados for
Guacamole
2 Heads organic cauliflower
1 Head organic broccoli
2 Organic red bell peppers
2 Organic yellow bell peppers
1 Jalapeno pepper for Guacamole
Organic lettuce to make 2 salads
Organic Brussels sprouts - 4 cups
3 Large organic zucchini
5 Organic tomatoes – 6 organic
tomatoes for Guacamole

Organic spinach – or asparagus - ½
cup cooked
4 Large organic seedless cucumbers
Vegetables of choice from protocol list
to serve 2
1 Organic yam &
2 Organic sweet potatoes
OR
2 Organic baking potatoes
11 Organic onions
18 Cloves garlic

PROTEIN

1½ lb. Organic grass-fed beef chuck
(stew meat)
1 lb. Organic ground beef
2 lb. Organic grass-fed beef tenderloin
– or 4 tenderloin steaks
1½ lb. Organic pasture-raised chicken
thighs
1½ - 2 lb. Organic lamb loin
6 Slices organic pasture-raised bacon
Organic pepperoni
¼ lb. Organic Italian sausage
8 oz. Sliced wild-caught smoked
salmon
Wild-caught fish fillets of choice per
protocol list to serve 2
1 ½ Protein of choice chicken, shrimp,
or beef /

CANNED GOODS (BPA-free)

2 Cans (13 oz.) organic coconut milk
(as Listed above - see note under
dairy)
1 Can (6 oz.) organic tomato paste
Organic beef broth – 1 cup
Organic pizza sauce
1 Can black olives
2 Anchovy fillets

MISC PANTRY

Organic pine nuts for pesto
Organic salsa
1 Dark gluten-free beer