

# Shopping List



Bone  
Building  
Protocol

## **Bone Building Protocol** **(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  
Chipotle powder  
Cinnamon  
Coriander - ground  
Cumin - ground  
Curry powder  
Garlic powder  
Ginger  
Nutmeg - ground  
Onion powder  
Oregano - dried  
Paprika  
Parsley  
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  
Red wine vinegar  
Rice flour – organic  
Sesame oil  
Stevia – organic

## Week 1

### **DAIRY**

6 oz. Crumbled organic blue cheese  
4 oz. Organic Parmesan cheese to grate  
8 oz. Feta cheese  
1 lb. Shredded organic Gouda 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  
11 Organic pasture-raised eggs

### **PRODUCE**

2 Organic apples or favorite fruit per protocol list  
2 Lemons  
1 Lime  
Organic green beans to make 4 portions  
10 oz. Organic spinach  
Organic Brussels sprouts – 4 cups  
Organic cilantro  
Fresh basil for pesto  
2 Organic seedless cucumbers  
Organic lettuce – to make 4 salads  
1 Head organic broccoli  
1 Head organic cauliflower  
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  
1½ lb. Organic pasture-raised chicken thighs  
Organic pasture-raised 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 or cod fillets

### **CANNED GOODS -( BPA-free cans)**

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  
4 Cans wild-caught salmon  
Organic chicken broth – 3 cups

### **MISC PANTRY**

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

## Week 2

### DAIRY

1½ lb. Shredded organic mozzarella cheese  
7 oz. Organic Parmesan cheese to grate  
3 oz. Organic Gouda cheese  
4 oz. Organic crumbled blue cheese  
2 oz. Organic Port du Salut cheese  
2 oz. Organic cheese of your choice from protocol list  
1 (6 oz.) Organic plain Greek yogurt  
2 (8 oz.) Blocks organic cream cheese  
2 Pints organic grass-fed heavy cream – or 1 pint heavy cream and 3 cans (13 oz.) organic coconut milk if using coconut milk in Moqueca and pudding  
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  
1 (10 oz.) Packages mushrooms  
4 Large Portobello mushroom caps  
Fresh organic basil for pesto  
3 Sprigs fresh organic thyme  
Organic cilantro  
Fresh ginger  
1 Organic tomato if making Holy Moly Guacamole  
2 Organic sweet potatoes  
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  
Organic green beans - 2 cups  
Organic greens per protocol list to serve 2

1 Head organic broccoli  
Vegetables of choice per protocol to serve 2  
5 Organic onions  
7 Organic carrots  
16 Cloves garlic

### PROTEIN

8 – 16 Slices organic pepperoni  
¼ lb. Organic Italian sausage  
2 lb. Organic pasture-raised chicken thighs  
1½ lb. Organic pasture-raised pork loin  
¼ lb. Organic liver  
2½ lb. Organic grass-fed ground beef  
1½ lb. Wild-caught white fish (grouper, mahi mahi, flounder, or snapper)  
2 lb. Large sea scallops  
2 Anchovy fillets

### CANNED GOODS (BPA-free)

Organic pizza sauce  
1 Can organic black olives  
1 Can (8 oz.) organic tomato sauce  
3 Cans (13 oz.) organic coconut milk  
(as listed above - see note under dairy)

### MISC PANTRY

1 Bag organic frozen peas  
Chopped walnuts  
Raisins  
Unsweetened coconut  
Organic pine nuts for pesto  
Organic salsa

## Week 3

### DAIRY

4 oz. Organic blue cheese  
12 oz. Organic Parmesan cheese to grate  
1 lb. Organic shredded Gouda cheese  
3 (8 oz.) Blocks of organic cream cheese  
2 Pints organic grass-fed heavy cream - or  
1 pint heavy cream and 4 cans (13 oz.)  
organic coconut milk if using coconut milk  
in pudding in lieu of heavy cream  
12 Organic pasture-raised eggs  
Organic sour cream

### PRODUCE

1 Lime  
3 Medium organic apples  
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  
1 Organic yam  
2 Organic sweet potatoes  
6 Organic onions  
13 Organic carrots  
8 Stalks organic celery  
11 Cloves garlic

### PROTEIN

2 lb. Organic pasture-raised chicken wings  
½ lb. Organic pasture-raised chicken  
thighs  
5 Organic pasture-raised chicken legs OR  
1 whole organic chicken  
1 Whole organic chicken  
1 lb. Organic grass-fed ground beef  
4 Slices organic pasture-raised bacon  
3½ lb. Large wild-caught shrimp  
1½ lb. Cooked protein of choice (chicken  
or shrimp)

### CANNED GOODS (BPA-free cans)

4 Cans (13 oz.) organic coconut milk  
1 Can organic diced tomatoes (as listed  
above)  
1 Can (6 oz.) organic tomato paste  
1 Can (8 oz.) water chestnuts  
1 Can (8 oz.) bamboo shoots  
1 Can (5 oz.) wild-caught tuna  
Organic chicken broth – 3 cups

### MISC PANTRY

Organic dry red wine  
1 Bag organic frozen peas  
Pack Miracle Noodles

## Week 4

### DAIRY

4 oz. Organic feta cheese  
7 oz. Organic Parmesan cheese to grate  
10 oz. Organic Gouda cheese  
1 oz. Organic mozzarella cheese  
2 oz. Organic hard Italian cheese (Parmesan, Asiago, or Pecorino Romano)  
2 (32 oz.) Organic full-fat plain Greek yogurt  
3 (8 oz.) Blocks of organic cream cheese  
2 Pints organic grass-fed heavy cream – 0 pint heavy cream and 3 cans (13 oz) 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

3 Lemons  
1 Lime if making Holy Moly Guacamole  
1 Grapefruit or berries of choice from protocol list  
Organic dill  
Fresh ginger  
Organic cilantro  
Fresh thyme  
Fresh organic oregano  
Fresh organic basil for pesto  
2 Organic yellow squash  
1 Avocado - 3 avocados if making Holy Moly Guacamole  
2 Organic red bell peppers  
2 Organic yellow bell peppers  
1 Jalapeno pepper for Guacamole  
Organic Brussels sprouts – 4 cups  
7 Large organic zucchini  
5 Organic tomatoes – 6 organic tomatoes for Guacamole

Organic spinach – or asparagus – 1/3 cup cooked  
1 Head organic broccoli  
2 Heads organic cauliflower  
2 Large organic seedless cucumbers  
Vegetables of choice per protocol list to serve 2  
2 Organic baking potatoes  
Organic lettuce to make 4 salads  
9 Organic onions  
7 Cloves garlic

### PROTEIN

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

### CANNED GOODS (BPA-free cans)

3 Cans (13 oz.) organic coconut milk (as Listed above - see note under dairy)  
1 Can (6 oz.) organic tomato paste  
1 Jars favorite organic sugar-free tomato sauce – or 1 jar (24 oz.) Mom's Organic  
Organic beef broth – 1 cup

### MISC PANTRY

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