



## Cardiovascular Health 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  
Mustard - dried  
Onion powder  
Oregano - dried  
Pepper  
Peppercorns (tricolored)  
Pumpkin pie spice  
Real salt or unrefined sea salt  
Red cayenne pepper – ground  
Red-pepper flakes  
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  
Gelatin – grass-fed  
Lakanto sweetener  
Red wine vinegar  
Rice flour – organic  
Sesame oil  
Stevia – organic  
White vinegar

## Week 1

### **DAIRY**

4 oz. Crumbled organic blue cheese  
8 oz. Feta cheese  
1 lb. Organic Cheddar cheese  
4 oz. Organic Parmesan cheese to grate  
1 (32 oz.) Organic full-fat plain Greek yogurt  
4 (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  
9 Organic pasture-raised eggs

### **PRODUCE**

2 Organic apples or 2 bananas  
1 Lemon  
1 Lime  
4 Avocados  
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  
7 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  
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  
2 Cans wild-caught salmon  
Organic chicken broth - 3 cups

### **MISC PANTRY**

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

## Week 2

### DAIRY

8 oz. Shredded organic mozzarella cheese  
7 oz. Organic Parmesan cheese to grate  
3 oz. Organic grated Gouda or Gruyere cheese  
2 oz. Organic Port du Salut cheese  
4 oz. Organic crumbled blue cheese  
2 oz. Organic hard Italian cheese (Parmesan, Asiago, or Pecorino Romano)  
1 oz. Organic cheese of your choice per protocol list  
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 2 cans (13 oz.) 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  
2 Avocados - 4 avocados if making Holy Moly Guacamole  
2 (10 oz.) Packages mushrooms  
Fresh organic basil for pesto  
3 Sprigs fresh organic thyme  
Organic cilantro  
Fresh ginger  
1 Organic tomato for Guacamole  
1 Organic red bell pepper  
1 Organic green Chile pepper  
1 Organic jalapeno pepper if making Holy Moly Guacamole  
2 Heads organic cauliflower  
4 Organic zucchini  
2 Organic baking potatoes

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  
11 Cloves garlic

### PROTEIN

2 lb. Organic pasture-raised chicken thighs  
5 Organic pasture-raised chicken legs or 1 whole chicken  
1½ lb. Organic pasture-raised pork loin  
4 Slices organic pasture-raised bacon  
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

### CANNED GOODS (BPA-free)

1 Jar favorite organic sugar-free tomato sauce – or 1 jar (24 oz.) Mom's Organic  
1 Can (28 oz.) organic diced tomatoes (BPA free can)  
1 Can (8 oz.) organic tomato sauce  
1 Can (6 oz.) organic tomato paste  
2 Cans (13 oz.) organic coconut milk (as listed above - see note under dairy)  
Organic chicken broth – ¾ cup

### MISC PANTRY

Organic coconut water for Triple Threat Shakes  
Chopped walnuts  
Raisins  
Unsweetened coconut  
Organic pine nuts for pesto  
Organic salsa  
Organic dry red wine – 1 cup

## Week 3

### DAIRY

4 oz. Organic blue cheese  
12 oz. Organic Parmesan cheese to grate  
3 (8 oz.) Blocks of organic cream cheese  
1/2 oz. Organic Cheddar cheese  
1 Pint 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  
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  
5 Organic onions  
14 Organic carrots  
8 Stalks organic celery  
9 Cloves garlic

### PROTEIN

2 lb. Organic pasture-raised chicken wings  
½ lb. Organic pasture-raised chicken  
thighs  
1 Whole organic 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 cans)

4 Cans (13 oz.) organic coconut milk (as  
listed above - see note under dairy)  
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  
Organic coconut water for Triple Threat  
Shakes

## Week 4

### DAIRY

4 oz. Organic feta cheese  
1 lb. Organic mozzarella cheese  
2 oz. Organic Parmesan cheese to grate  
6 oz. Organic cheese your favorite from protocol list  
1 (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  
14 Organic pasture-raised eggs  
Organic sour cream

### PRODUCE

5 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  
2 Organic yellow squash  
3 Avocado - 5 avocados if making Holy Moly Guacamole  
1 Head organic cauliflower  
2 Organic red bell peppers  
2 Organic yellow bell peppers  
1 Jalapeno pepper if making Holy Moly Guacamole  
Organic Brussels sprouts - 4 cups  
3 Large organic zucchini  
5 Organic tomatoes – 6 organic tomatoes for Guacamole  
Organic spinach – or asparagus to make 1/3 cup cooked

4 Large Portobello mushroom caps  
1 Head organic broccoli  
1 Head 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  
10 Organic onions  
13 Cloves garlic

### PROTEIN

1½ lb. Organic grass-fed beef chuck (stew meat)  
2 lb. Organic grass-fed beef tenderloin – or 4 tenderloin steaks  
2 lb. Organic pasture-raised chicken thighs  
1½ - 2 lb. Organic chicken  
¼ lb. Organic Italian sausage  
8 – 16 Slices organic pepperoni  
6 Slices organic pasture-raised bacon  
8 oz. Sliced wild-caught smoked salmon  
Wild-caught Rainbow trout to serve 2  
2 Anchovy fillets  
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  
Organic pizza sauce  
1 Can organic black olives  
2 Cans wild-caught salmon  
Organic beef broth – 1 cup

### MISC PANTRY

Organic salsa  
1 Dark gluten-free beer  
Organic coconut water for Triple threat Shakes  
Pickles for SKINNYFat Tarter Sauce (Bubbies)