

Shopping List



Digestive
Health
Protocol

Digestive 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
Nutmeg - ground
Onion powder
Oregano - dried
Paprika
Pepper
Peppercorns (tricolored)
Parsley
Pumpkin pie spice
Real salt or unrefined sea salt
Red cayenne pepper – ground
Red-pepper flakes
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
Coconut aminos
Coconut flour
Dijon mustard
Fish sauce – sugar free
Garam masaia
Gelatin – grass-fed
Lakanto sweetener
Red wine vinegar
Sesame oil
Stevia – organic
White vinegar

Week 1

DAIRY

4 oz. Crumbled organic blue cheese
4 oz. Organic Parmesan cheese to grate
8 oz. Feta 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
9 Organic pasture-raised eggs

PRODUCE

2 Organic apples or 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
1 Heads organic broccoli
1 Head organic cauliflower
Asparagus to make 4 servings
Organic Brussels (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
Steak to make 2 portions
Wild-caught salmon fillets to make 4 portions
1½ lb. Medium to large wild-caught shrimp
4 Wild-caught haddock fillets (can use cod)

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
Organic chicken stock (3 cups)
2 Cans wild-caught salmon

MISC PANTRY

Sparkling or soda water
Pickles for SKINNYFat Tarter Sauce (Bubbies)

Week 2

DAIRY

8 oz. Shredded organic mozzarella cheese
6 oz. Organic Parmesan cheese to grate
4 oz. Organic crumbled blue cheese
3 oz. Organic Gruyere cheese
2 oz. Organic hard Italian cheese (Parmesan, Asiago, or Pecorino Romano)
2 oz. Organic cheese 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 9 Organic pasture-raised eggs
Organic sour cream

PRODUCE

3 Limes - 4 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
1 Organic red bell pepper
1 Organic green Chile pepper
1 Organic jalapeno pepper if making Holy Moly Guacamole
2 Heads organic cauliflower
2 Sweet potatoes

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
12 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
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 Jars 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 (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 red wine
Chopped walnuts
Raisins
Unsweetened coconut
Organic salsa
Organic pine nuts for pesto

Week 3

DAIRY

4 oz. Organic blue cheese
9 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
8 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
12 Organic carrots
8 Stalks organic celery
11 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 cans)

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
4 oz. Organic Parmesan cheese to grate
6 oz. Organic cheese choice from protocol list
2 (32 oz.) Organic full-fat plain Greek yogurt
2 (8 oz.) Blocks of organic cream cheese
1 Pint 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
8 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
4 Large Portobello mushroom caps
2 Organic yellow squash
2 Hot peppers if making SKINNYFat Pizza in a Bottle Italian Infused Oil
1 Avocado - 3 avocados if making Holy Moly Guacamole
2 Heads organic cauliflower
1 Head organic broccoli
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 if making Holy Moly Guacamole
Organic spinach – or asparagus (1/3 cup cooked)
4 Large organic seedless cucumbers
Vegetables of choice from protocol list to serve 2
2 Organic baking potatoes
Organic lettuce to make 4 salads
9 Organic onions
21 Cloves garlic

PROTEIN

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

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 black olives
Organic beef broth – 1 cup

MISC PANTRY

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