

Shopping List



Fat Loss
Protocol

Fat Loss 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
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
Seafood seasoning
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
Gelatin – grass-fed
Lakanto sweetener
Red wine vinegar
Rice flour – organic
Sesame oil
Stevia – organic
White vinegar - organic

Week 1

DAIRY

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

PRODUCE

1 Lime
1 Lemon or 2 lemons if making SKINNYFat Tarter Sauce
Organic cilantro
Fresh basil for pesto
2 Organic seedless cucumbers
1 Medium organic tomato
Organic lettuce – to make 4 salads
1 Head organic broccoli
Asparagus to make 4 servings
Organic spinach – or asparagus – 1/3 cup cooked
1 Head organic cauliflower
Organic Brussels sprouts – 4 cups
10 oz. Organic spinach +
2 Organic Russet potatoes
OR
2 Organic sweet potatoes
5 Organic onions
2 Organic carrots
2 Organic stalks of celery
9 Cloves garlic

PROTEIN

6 Slices organic pasture-raised bacon
1½ lb. 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
1½ lb. Wild-caught shrimp
Wild-caught salmon fillets to make 4 portions
4 (4 oz.) Wild-caught haddock or cod fillets

CANNED GOODS -(BPA-free cans)

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

MISC PANTRY

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

Week 2

DAIRY

8 oz. Shredded organic mozzarella cheese
1 oz. Organic Parmesan cheese to grate
4 oz. Organic crumbled blue cheese
3 oz. Organic Gruyere cheese
2 oz. Organic grated hard cheese (Parmesan, Asiago, or Pecorino Romano)
2 oz. Organic cheese (Port du Salut)
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 pudding and ice cream in lieu of heavy cream
9 Organic pasture-raised eggs

PRODUCE

2 Limes
1 Lemon
1 Avocado or 2 avocados if making Holy Moly Guacamole
3 (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
1 Organic jalapeno pepper if making Holy Moly Guacamole
1 Organic red bell pepper
1 Organic green chili pepper
4 Large organic zucchini
2 Heads organic cauliflower
Organic lettuce to make 4 salads & lettuce 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
10 Cloves garlic

PROTEIN

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

CANNED GOODS (BPA-free)

1 Jar (24 oz.) Organic spaghetti sauce (we like Mom's)
1 Can (28 oz.) organic diced tomatoes
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 (3/4 cup)

MISC PANTRY

Organic dry red wine (1 cup)
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
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 organic rosemary
Organic cilantro
Fresh ginger
1 (10 oz.) Packages mushrooms
10 Large organic Roma tomatoes or 1 Can
(28 oz.) organic diced tomatoes
1 Organic Serrano pepper
Organic lettuce to make 4 salads
3 Heads organic cauliflower
4 Large organic zucchini
Organic green beans (2 cups)
7 Organic onions
14 Organic carrots
8 Stalks organic celery
7 Cloves garlic

PROTEIN

2 lb. Organic pasture-raised chicken wings
1 Organic pasture-raised whole chicken
1 lb. Organic pasture-raised chicken thighs
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 (28 oz.) 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

8 lb. Organic cheddar cheese
1 oz. Organic Parmesan cheese to grate
4 oz. Organic feta cheese
1 lb. Shredded organic mozzarella cheese
6 oz. Organic cheese of choice from protocol list
1 (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 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
3 Medium organic apples
Organic dill
Fresh thyme
Fresh organic oregano
1 Avocado - 3 avocados if making Holy Moly Guacamole
1 Heads organic cauliflower
Organic Brussels sprouts - 4 cups
2 Large organic zucchini
2 Organic yellow squash
3 Organic tomatoes – 4 tomatoes if making Holy Moly Guacamole
4 Large organic seedless cucumbers
2 Organic red bell peppers
2 Organic yellow bell peppers
1 Organic jalapeno pepper if making Holy Moly Guacamole
4 Large Portobello mushroom caps

Organic spinach – or asparagus – 1/3 cup cooked
2 Organic sweet potatoes
1 Organic yam
OR
2 Organic baking potato
Vegetables of choice from protocol list to make 2 servings
Organic lettuce to make 2 salads
8 Organic onions
14 Cloves garlic

PROTEIN

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

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 paste
Organic pizza sauce
Organic beef broth – 1 cup
Black olives

MISC PANTRY

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