

Sample Shopping List

Costco-

Large Pack of Wild Planet Tuna

Large Avocado oil Mayo

Avocado Oil

Chia seeds

Hemp Hearts

Almond flour

Coconut Aminos

Frozen Berry Blend (blueberries, Raspberries, Black Berries)

Kirkland Vanilla Almond Milk (unsweetened)

Butter Lettuce

Broccoli

Cooked chicken skewers (we West End Cuisine)

Uber Greens Juice

Fresh Organic Chicken Breast (optional)

Spinach

Pack of individual Guacamoles

Ghee or Kerry Gold butter

Smoked Salmon

Frozen Cooked Shrimp or Frozen cooked Langosta

Parmesan or Romano cheese grated (optional)

Specialty Store (whole foods, Natural Grocers)

2 Primal Kitchen Caesar Dressing

Primal Kitchen Chipotle lime aioli

Bacon or Fresh ground chicken sausage

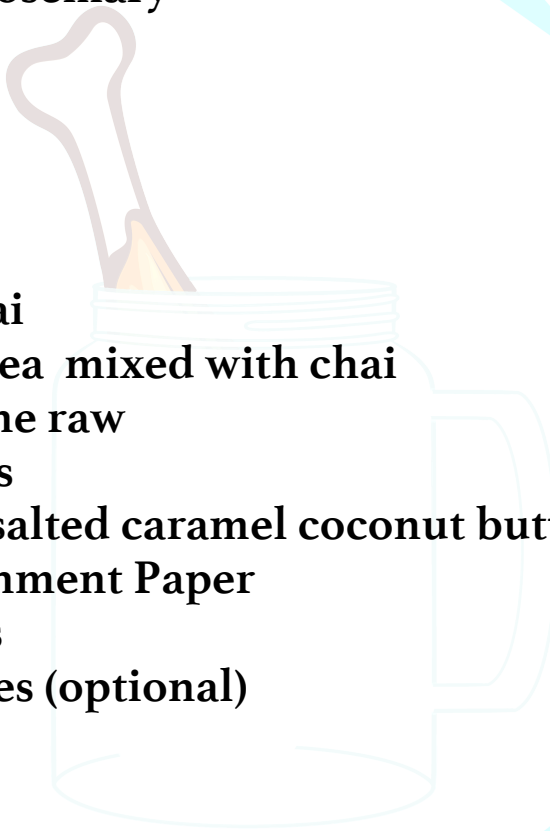
Rotisserie Chicken (can be bought later in the week)

Fresh Sprouts

Jicama

**Broccoli, Cauliflower, Carrots,
English Cucumbers
Celery
Avocado
Organic no sugar added PB or Almond butter
Lime & Lemons
Sweet onion
Cilantro
Fresh Thyme, Rosemary
Good Sea salts
Hot sauce
Pickels
Cinnamon
Nut Pods
Mate Factor Chai
Or Yerba Mate tea mixed with chai
Monk Fruit In the raw
Vital Farms Eggs
Eating Evolved salted caramel coconut butter Cups
If you care parchment Paper
Sunflower seeds
Fresh Blueberries (optional)**

**Order From Me
Pure Paleo Protein Powder**



Breakfast Ideas

Have Pre- Roasted veggies available

Batch Cook Roasted Califlower, Brocoli, Carrot & sweet onion.

Pre-heat the oven to 400 degrees convection

Chop up veggies to sizes that will cook evenly based on density.

Line large baking sheet with If You Care parchment paper.

Spread out veggies across 2-3 cookie sheets evenly, not overlapping. Drizzle evenly with avocado oil and place small amounts of Kerry gold butter around the baking sheet. Chop up some rosemary and thyme and sprinkle and sprinkle generously with salt and pepper.

Roast for 15 minutes then rotate the trays in the oven and mix around the veggies until they are evenly cooking.

Roast until golden brown and crusty, but not Burnt.

These can be refrigerated and reheated in the oven very quickly. I place them in a cold oven on parchment paper and set the temp for 400 degree. Once it comes to temp they are usually hot.

Another option to re-heat roasted veggies is Convection Crisp Function on an oven, they heat very quickly.

You can also pre cook any bacon on a Baking sheet lined with parchment paper.
Place in a Cold 400 degree oven, flip them with tongs about 12 minutes then cook until crispy.
Drain and let sit on paper towels.

They can be chopped and stored in a glass dish in the fridge and reheated with cooked veggies.

Breakfast Recipe Ideas (on Instagram Highlights)

On Plate, 1 tablespoon Primal Kitchen Chipolte Lime Aoli

Re Heated Roasted veggies

2 eggs cooked over easy in butter

2 ounces smoked salmon

Spouts

Hot sauce

Breakfast Idea

Bird Bowl (highlights on Intagram)

Makes 3 small bowl at a time in 3 containers

Bird Bowls (this makes 3 bowls)

4 Tablespoons of Chia Seeds

6 Tablespoons of Help Seeds

1 monk fruit packet or a few drops of stevia

Cover in Almond Milk

Place these in 3 glass covered bowls in the fridge
Chill for 20 min or over night—

Right before your ready to eat one bowl add these
ingredients to your individual bowl.

Add 1 Tablespoon-ish of Almond Butter or PB (mix with
chilled ingredients)

Top with

1 Tablespoon of sun flower seeds

Fresh or frozen blueberries

Dash of cinnamon

Breakfast or Lunch Shake

$\frac{3}{4}$ to 1 scoop Designs for Health Pure Paleo shake

MCT oil (1 tbsp.)

10 oz almond milk,

1 TBS Organic nut butter OR

$\frac{1}{2}$ cup organic Frozen berries

1 tsp maple syrup or sweetener on choice (Stevia, monk
fruit packet)

A few ice cubes Blend

Lunch Idea (instagram Highlights)

Big Shrimp Salad

Defrost 4-5 ounces of cooked frozen Shrimp or
Langosta in the fridge (the night before in a ziplock or
place on the counter in the morning in a ziplock)

In a Big Bowl (instagram Highlights)

chopped butter lettuce

½ avocado cubed
chopped bacon
Defrosted- Shrimp or Langosta, Drain on paper towel
Squeeze of lemon juice
Primal Kitchen Caesar
Cheese (grated Parm or Romano) (optional)

This same salad can be served with the chicken skewers (heat a few skewers in the oven on convection 400 degrees until hot) Chop them up and place them on the salad)

Tuna Salad (instagram Highlights)
4 Cans tuna (drained and mashed up well)
Add avocado oil mayonnaise and mix and add more to desired consistency
(Optional drizzle with other good oils)
Add chopped up celery & Pickle
Add lots of salt and pepper
Dried dill
1 TBS coconut aminos

Mix well
Top with come cilantro or sprouts

I serve this on Butter lettuce with Primal Kitchen dressing and ½ an avocado

or

I eat this with peeled, sliced English cucumber chips

Snacks

Eating evolved Coconut butter cups

Tuna salad & Cucumber chips or sliced jicama

Jicama or cucumber chips and guac (small premade containers or fresh)

(Fresh Guac Instagram Highlights)

Snack sized pure paleo Shake (1/2 scoop shake powder)

Bird bowl

Dinner options

Chopped up rotisserie chicken or chicken skewers

With Reheated Roasted veggies

Chipotle Limo Aioli

Sprouts and ½ avocado

Dinner

Big Shrimp or langosta salad (from lunch ideas)

Dinner idea

Tuna cakes with Chipolte Lime Aoili spouts and roasted veggies

Pre heat a large skillet on med/high heat with ghee or avocado oil

Form little patties made with tuna salad

Take ½ cup almond flour and add a little salt and pepper

Coat the small tuna patties in the almond flour mixture

Place in the hot oil or butter until golden on one side (a min or 3)

Flip carefully and brown the other side

While cooking the tuna patties, heat up roasted veggies in the oven.

Serve the tuna patties with chipotle lime mayo, spouts and roasted veggies.

Feel free to add some hot sauce.

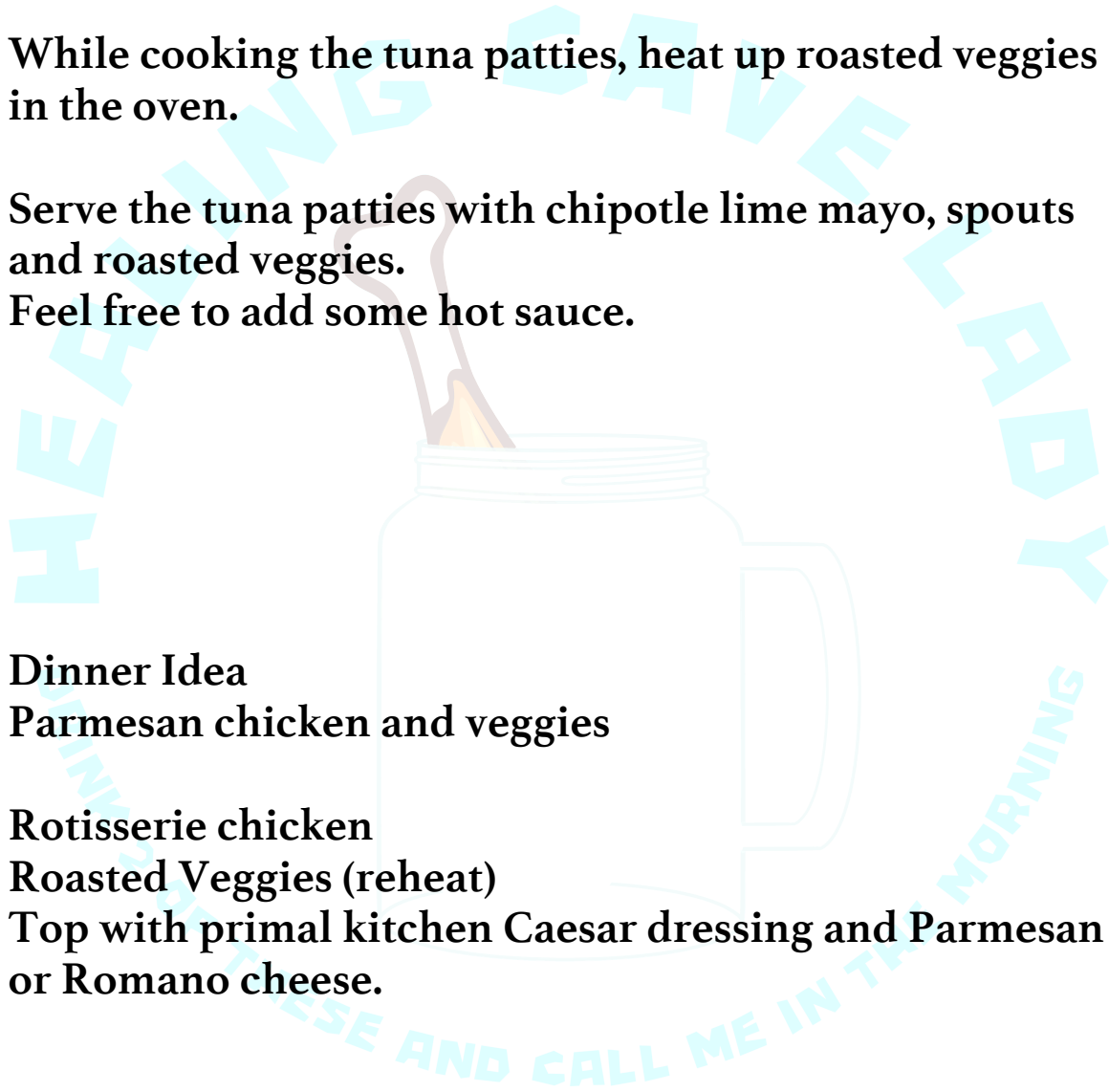
Dinner Idea

Parmesan chicken and veggies

Rotisserie chicken

Roasted Veggies (reheat)

Top with primal kitchen Caesar dressing and Parmesan or Romano cheese.



HEALING CAVE LADY



BRINK 2 OF THESE AND CALL ME IN THE MORNING