

## Bone Broth Diet Week 1 Shopping List + Meal Plan

(Excludes Ingredients for Bone Broth)

### Shopping List

#### MEAT

2.5 lbs organic ground turkey  
3 lbs grass fed beef  
4 organic chicken breasts  
3 wild salmon fillets

#### VEGGIES + FRUIT

1 bag of whole carrots  
1 stalk celery heart  
1 bunch curly kale  
2 yellow onions  
3 small to medium sized zucchini  
1 large container of arugula  
1 bag lemons  
1 bunch asparagus  
1 bag limes  
2 small jalapenos  
1 head broccoli  
4 baby bok choy  
2 red bell peppers  
1 green bell pepper  
1 pack snow peas  
1 bunch green onions  
1 pack mushrooms  
1 small head cauliflower  
2 pints blueberries  
1 bunch cilantro  
1 bunch basil  
1 small piece of ginger  
1 can water chestnuts

#### OTHER

1 28 oz can of tomatoes  
1 can tomato paste  
coconut oil (virgin unrefined)  
garlic  
cumin  
paprika  
white pepper  
chili powder  
smoked paprika  
sea salt  
Italian seasoning (use Herbs de Provence)  
1 container Pacific Organic bone broth (for chilli)  
avocado oil

### Meal Plan

#### BREAKFAST

Turkey or Chicken Italian Sausage pg. 132  
(I used turkey and made two batches at once)  
.Arugula with Lemon and Avocado Oil (recipe on next page)  
Handful Blueberries

**Note:** You will eat this breakfast 5 days and do a bone both fast 2 days.

#### LUNCH

*Alternate between:*

Rich and Hearty Turkey Chili pg. 137 (I used ground grass fed beef instead of turkey and used an entire container of Pacific brand organic turkey bone broth. I prefer a more watery chili. If you like it thicker follow the recipe exactly as shown.)  
Sautéed Veggies (recipe on next page)

One Skillet Zucchini Pasta with Sausage pg. 131  
Arugula Salad with Lemon and Avocado Oil (recipe on next page)

**Note:** You will eat Rich and Hearty Turkey Chili and Arugula Salad 3 days and Once Skillet Zucchini Past with Sausage 2 days and do a bone broth fast 2 days.

#### DINNER

*Alternate between:*

Chicken Stir Fry pg. 126

Baked Salmon with Roasted Asparagus + Mashed Cauliflower (recipe on next page)

**Note:** You will eat Baked Salmon with Roasted Asparagus + Mashed Cauliflower 3 days and Chicken Stir Fry 2 days and do a bone broth fast 2 days.

## **Arugula with Lemon and Avocado Oil:**

1. Plate 1 1/2 cups of arugula and drizzle with fresh squeezed lemon juice, avocado oil and a sprinkling of sea salt.

## **Sauteed Veggies:**

1. Peel and chop 1 bag of carrots, 1 white onion.

2. Chop 1 celery heart.

3. Remove leaves from kale stalks and chop.

4. Sauté on stove top with 1-2 Tbsp avocado oil and a sprinkling of sea salt, garlic powder and smoked paprika or smoked chipotle powder.

*Note: Cut all veggies at one time but only cook half. Bag the other half for later in the week.*

## **Baked Salmon with Roasted Asparagus + Mashed Cauliflower:**

1. Preheat oven to 450 degrees.

2. Lay salmon on a parchment lined baking sheet. Brush with a little avocado oil and sprinkle with a little sea salt. Do the same with the asparagus but place on a separate pan.

3. Bake the salmon for 10-15 min or until cooked all the way through and the asparagus a little longer. I like it crisp but if you like it softer you can cook longer.

4. To make the mashed cauliflower cut a 1 head into florets and steam until soft. Add 1 Tbsp ghee or coconut oil and mash with a fork or potato masher. You can also whip them in a blender or food processor.

*Note: You can prep the cauliflower before cooking the salmon and asparagus or even the day before they are needed. They keep well for a few days in the fridge.*

**A Note On Servings:** The recipes in the book are more than you will need for one week if you are prepping these meals just for yourself. Also, keep in mind you will have 2 fast days so you only really need 5 days worth of meals. To keep things simple I typically batch cook and then alternate between two or three recipes for lunch and dinner each week. Most weeks I make only one recipe for breakfast and eat it every day. I recommend freezing all unused servings for future meals during upcoming weeks.

**Food Prep Is Key:** I like to do the majority of my chopping and cooking on Sunday night. This sets me up for success on Monday. For example, on Sunday night I cleaned and chopped all the veggie needed for the week. I also made the turkey chili and my first batch of sauteed veggies. It's not a ton but every little bit helps. Many of the recipes in the book make more servings than you will need in a week. I freeze all extra servings to be used during following weeks.

**In Addition:** Every morning I have warm water with juice from 1 lemon, 1/4 tsp turmeric and 1 scoop of Vital Proteins Collagen.

**Bone Broth Brands:** I am using Epic for fast days and my daily bone broth snack and Pacific Organic bone broth when it is needed in a recipe. If you are looking to buy bone broth but want a more affordable option Pacific brand is a great! My suggestion would be to add additional herbs or flavors to make it more exciting. You could even follow the gourmet bone broth recipes in the book and use the plain bone broth as your base. Remember home made is always best!

I hope you enjoy this guide for week 1. Please reference the book for all details. I am doing this as a way to share my experience on the plan and to help if feel less overwhelming.