

Weekly grocery shopping list

Initial Autophagy stimulus with IF 16h and pescatarian diet · Monday through Sunday

49

Unique ingredients

63

Recipe servings

9

Unique recipes

19992.3 g

Estimated total weight

Basic ingredients

45 items

- | | | |
|--------------------------|---|---|
| ☐ | Almond milk, unsweetened, plain
Used in 1 recipe, such as Calicen Smoothie Week 1-2 | 7 cups (1834 g) |
| ☐ | Arugula, raw
Used in 1 recipe, such as Calicen Smoothie Week 1-2 | 1.75 cups (35 g) |
| ☐ | Avocados, raw
Used in 1 recipe, such as Calicen Smoothie Week 1-2 | 3.5 pieces (703.5 g) |
| ☐ | Bell Peppers, yellow, raw
Used in 2 recipes, such as Calicen Salad Week 1-2 | 3.8 pepper, large (3-3/4" long, 3" dia)s (706.8 g) |
| ☐ | Beverages, tea, green, brewed, regular
Used in 1 recipe, such as Green Tea | 21 cups (5145 g) |
| ☐ | Blueberries, wild, frozen
Used in 1 recipe, such as Calicen Smoothie Week 1-2 | 3 cups (420 g) |
| ☐ | Brussels sprouts, raw
Used in 1 recipe, such as Calicen Smoothie Week 1-2 | 14 sprouts (266 g) |
| ☐ | Cacao Nibs, raw
Used in 1 recipe, such as Calicen Smoothie Week 1-2 | 175 g (175 g) |
| ☐ | Carrots, mature, raw
Used in 2 recipes, such as Calicen Salad Week 1-2 | 6.25 large (7-1/4" to 8-1/2" long)s (450 g) |
| ☐ | Celery, raw
Used in 3 recipes, such as Calicen Salad Week 1-2 | 8.98 servings (988 g) |
| ☐ | Chia seeds, dry, raw
Used in 2 recipes, such as Calicen Salad Week 1-2 | 3.29 oz (93.3 g) |
| ☐ | Coconut Milk Extract, canned
Used in 1 recipe, such as Salmon with creamy shiitake | 0.5 cups (113 g) |

☐	Crustaceans, shrimp, raw Used in 2 recipes, such as Keto salmon and shrimp soup	11.29 oz (320 g)
☐	Egg, whole, cooked, hard-boiled Used in 1 recipe, such as Calicen Salad Week 1-2	14 larges (700 g)
☐	Fish, salmon, Atlantic, wild, raw Used in 2 recipes, such as Salmon with creamy shiitake	14.47 oz (410 g)
☐	Fish, tilapia, raw Used in 1 recipe, such as Tilapia and veggies in foil packet	2 fillets (232 g)
☐	Flaxseed Used in 2 recipes, such as Calicen Salad Week 1-2	0.56 cup, wholes (93.3 g)
☐	Garlic, raw Used in 3 recipes, such as Tilapia and veggies in foil packet	6 cloves (18 g)
☐	Kale, raw Used in 1 recipe, such as Calicen Smoothie Week 1-2	3.5 cups (73.5 g)
☐	Lemon grass (citronella), raw Used in 1 recipe, such as Herbal Tea	21 tablespoons (100.8 g)
☐	Lemon juice, raw Used in 1 recipe, such as Salmon with creamy shiitake	1 lemon yields (48 g)
☐	Lentils, raw Used in 1 recipe, such as Lentils stew	0.3 cups (57.6 g)
☐	Lettuce, cos or romaine, raw Used in 1 recipe, such as Calicen Salad Week 1-2	3.5 heads (2191 g)
☐	MCT Oil Used in 1 recipe, such as Calicen Smoothie Week 1-2	5 tablespoons (70 g)
☐	Mushroom, oyster Used in 1 recipe, such as Keto salmon and shrimp soup	1 cup sliced (86 g)
☐	Mushroom, Shiitake Used in 1 recipe, such as Salmon with creamy shiitake	10.53 whole pieces (200 g)
☐	Nuts, coconut cream, raw (liquid expressed from grated meat) Used in 2 recipes, such as Keto salmon and shrimp soup	0.8 cups (192 g)
☐	Olive Oil, extra virgin Used in 6 recipes, such as Calicen Salad Week 1-2	1.88 cups (405 g)
☐	Onions, raw Used in 2 recipes, such as Tilapia and veggies in foil packet	1 small (70 g)

☐	Parsley, fresh Used in 2 recipes, such as Tilapia and veggies in foil packet	0.83 cups (chopped) (50 g)
☐	Peppers, bell, green, raw Used in 1 recipe, such as Tilapia and veggies in foil packet	2 smalls (148 g)
☐	Peppers, hot chili, red, raw Used in 1 recipe, such as Keto salmon and shrimp soup	1 g (1 g)
☐	Salt, table, iodized Used in 2 recipes, such as Keto coconut cream shrimp	2 teaspoons (12 g)
☐	Seeds, sesame seeds, whole, dried Used in 2 recipes, such as Calicen Salad Week 1-2	0.65 cups (93.3 g)
☐	Spices, paprika Used in 1 recipe, such as Keto salmon and shrimp soup	1 tablespoon (6.8 g)
☐	Spices, pepper, black Used in 2 recipes, such as Keto coconut cream shrimp	2 tsp, grounds (4.6 g)
☐	Spinach, frozen, without salt Used in 1 recipe, such as Calicen Smoothie Week 1-2	3.5 cups (665 g)
☐	Spinach, mature Used in 1 recipe, such as Keto coconut cream shrimp	1 cup (30 g)
☐	Spring Onion, whole, raw Used in 2 recipes, such as Calicen Salad Week 1-2	2 cup, choppeds (200 g)
☐	Stevia Extract Powder, Sweetener Used in 1 recipe, such as Calicen Smoothie Week 1-2	7 g (7 g)
☐	Tap Water, drinking Used in 2 recipes, such as Keto salmon and shrimp soup	2.98 serving 8 fl ozs (707.2 g)
☐	Thyme, fresh Used in 1 recipe, such as Keto salmon and shrimp soup	0.25 teaspoons (0.2 g)
☐	Tomato products, canned, puree, with salt added Used in 1 recipe, such as Lentils stew	0.5 cups (125 g)
☐	Tomatoes, red, ripe, raw Used in 4 recipes, such as Calicen Salad Week 1-2	8.26 NLEA servings (1222.4 g)
☐	Vinegar, cider Used in 1 recipe, such as Calicen Salad Week 1-2	21 tablespoons (312.9 g)

Supplements

4 items

☐	Creatine Monohydrate Used in 1 recipe, such as Calicen Smoothie Week 1-2	7 Serving (1 Scoop)s (35 g)
☐	Mushroom Trio+ Used in 1 recipe, such as Calicen Smoothie Week 1-2	7 Serving (1 Scoop)s (70 g)
☐	Potassium Citrate Used in 1 recipe, such as Calicen Smoothie Week 1-2	7 Serving (1 Scoop)s (35 g)
☐	Skin Collagen Matrix+ Used in 1 recipe, such as Calicen Smoothie Week 1-2	7 Serving (1 Scoop)s (70 g)