# Weekly grocery shopping list

Edition 2026 · Weeks 3–4 · Start Pescatarian Keto · Monday through Sunday

| 68 | 72 | 14 | 16807.4 g |
|---|---|---|---|
| Unique ingredients | Recipe servings | Unique recipes | Estimated total weight |

## Basic ingredients

58 items

- [ ] **Almond Flour**
  Used in 1 recipe, such as Keto Shrimp tacos
  **6 tablespoons (36 g)**
- [ ] **Almond milk, unsweetened, plain**
  Used in 3 recipes, such as Calicen Smoothie Week 3-4
  **7 cups (1834 g)**
- [ ] **Arugula, raw**
  Used in 1 recipe, such as Calicen Smoothie Week 3-4
  **1.25 cups (25 g)**
- [ ] **Avocados, raw**
  Used in 3 recipes, such as Calicen Smoothie Week 3-4
  **3.75 pieces (753.8 g)**
- [ ] **Bell Peppers, yellow, raw**
  Used in 1 recipe, such as Keto coconut cream shrimp
  **21.46 strips (111.6 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 3-4
  **1.07 cups (150 g)**
- [ ] **Brussels sprouts, raw**
  Used in 1 recipe, such as Calicen Smoothie Week 3-4
  **5 pieces (95 g)**
- [ ] **Cacao Nibs, raw**
  Used in 1 recipe, such as Calicen Smoothie Week 3-4
  **125 g (125 g)**
- [ ] **Celery, raw**
  Used in 3 recipes, such as Calicen Salad Week 3-8
  **14.5 stalk, large (12" ea.)s (928 g)**
- [ ] **Chia seeds, dry, raw**
  Used in 5 recipes, such as Calicen Salad Week 3-8
  **4.17 oz (118.4 g)**
- [ ] **Coconut flour**
  Used in 1 recipe, such as Keto Shrimp tacos
  **1.2 tablespoons (9.6 g)**

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| **Coconut Milk Extract, canned**<br>Used in 1 recipe, such as Salmon with creamy shiitake | **0.25 cups (56.5 g)** |
| **Crustaceans, shrimp, raw**<br>Used in 2 recipes, such as Keto coconut cream shrimp | **15.88 oz (450 g)** |
| **Cucumber, with peel, raw**<br>Used in 2 recipes, such as Keto Avocado-Cucumber salad | **3.18 cups (slices) (331.1 g)** |
| **Edamame, frozen, unprepared**<br>Used in 1 recipe, such as Buddha bowl | **0.5 cups (59 g)** |
| **Egg, whole, cooked, hard-boiled**<br>Used in 1 recipe, such as Calicen Salad Week 3-8 | **5 larges (250 g)** |
| **Eggs, whole**<br>Used in 1 recipe, such as Keto brunch, eggs and mushrooms | **4 media (176 g)** |
| **Fish, salmon, Atlantic, wild, raw**<br>Used in 1 recipe, such as Salmon with creamy shiitake | **6 oz (170 g)** |
| **Flaxseed**<br>Used in 4 recipes, such as Calicen Salad Week 3-8 | **12.75 tbsp, grounds (89.3 g)** |
| **Garlic, raw**<br>Used in 3 recipes, such as Keto coconut cream shrimp | **8 cloves (24 g)** |
| **Kale, raw**<br>Used in 1 recipe, such as Calicen Smoothie Week 3-4 | **2.5 cups (52.5 g)** |
| **Lemon grass (citronella), raw**<br>Used in 1 recipe, such as Herbal Tea | **21 tablespoons (100.8 g)** |
| **Lemon juice, raw**<br>Used in 1 recipe, such as Salmon with creamy shiitake | **0.5 lemon yields (24 g)** |
| **Lettuce, Romaine, raw**<br>Used in 1 recipe, such as Calicen Salad Week 3-8 | **2.5 heads (1565 g)** |
| **Lime juice, raw**<br>Used in 1 recipe, such as Keto Shrimp tacos | **1 lime yields (44 g)** |
| **MCT Oil**<br>Used in 2 recipes, such as Calicen Smoothie Week 3-4 | **6 tablespoons (84 g)** |
| **Monk fruit Extract Powder, Sweetener**<br>Used in 1 recipe, such as Keto Peanut butter smoothie | **1 g (1 g)** |
| **Mushroom, Shiitake**<br>Used in 2 recipes, such as Keto brunch, eggs and mushrooms | **21.05 whole pieces (400 g)** |

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| **New Zealand spinach, raw**<br>Used in 1 recipe, such as Buddha bowl | **1 cup, chopped (56 g)** |
| **Nuts, almonds, whole, raw**<br>Used in 2 recipes, such as Keto Avocado-Cucumber salad | **3.05 oz (86.4 g)** |
| **Nuts, coconut cream, raw (expressed from pulp)**<br>Used in 2 recipes, such as Keto coconut cream shrimp | **0.79 cups (189 g)** |
| **Nuts, coconut meat, dried, not sweetened**<br>Used in 1 recipe, such as Keto Vegan chia and coconut bowl | **1 oz (28.4 g)** |
| **Nuts, pecans, halves, raw**<br>Used in 1 recipe, such as Calicen Salad Week 3-8 | **5 oz (19 halves)s (141.8 g)** |
| **Oil, sesame**<br>Used in 1 recipe, such as Buddha bowl | **1 tablespoon (13.6 g)** |
| **Olive Oil, extra virgin**<br>Used in 6 recipes, such as Calicen Salad Week 3-8 | **1.98 cups (426.6 g)** |
| **Parsley, fresh**<br>Used in 4 recipes, such as Calicen Salad Week 3-8 | **3.06 cups (chopped) (183.8 g)** |
| **Peanuts, raw**<br>Used in 2 recipes, such as Buddha bowl | **0.41 cups (59.4 g)** |
| **Peppers, bell, green, raw**<br>Used in 1 recipe, such as Buddha bowl | **0.5 cup, choppeds (74.5 g)** |
| **Peppers, hot chili, red, raw**<br>Used in 1 recipe, such as Keto Shrimp tacos | **2 g (2 g)** |
| **Psyllium Husk**<br>Used in 1 recipe, such as Keto Shrimp tacos | **6 g (6 g)** |
| **Red cherry tomatoe, raw**<br>Used in 2 recipes, such as Salmon with creamy shiitake | **13 pieces (195 g)** |
| **Salt, table, iodized**<br>Used in 7 recipes, such as Calicen Salad Week 3-8 | **6.52 teaspoons (39.1 g)** |
| **Seeds, sesame seeds, whole, dried**<br>Used in 3 recipes, such as Calicen Salad Week 3-8 | **0.56 cups (80 g)** |
| **Soy sauce made from hydrolyzed vegetable protein**<br>Used in 1 recipe, such as Buddha bowl | **3 tablespoons (54 g)** |
| **Spices, cumin seed**<br>Used in 1 recipe, such as Keto Shrimp tacos | **0.25 g (0.3 g)** |

- [ ] **Spices, paprika**
  Used in 1 recipe, such as Buddha bowl
  **1 teaspoon (2.3 g)**
- [ ] **Spices, pepper, black**
  Used in 5 recipes, such as Calicen Salad Week 3-8
  **8.03 tsp, wholes (23.3 g)**
- [ ] **Spices, thyme, dried**
  Used in 1 recipe, such as Keto Shrimp tacos
  **0.25 tsp, leaves (0.3 g)**
- [ ] **Spinach, frozen, without salt**
  Used in 1 recipe, such as Calicen Smoothie Week 3-4
  **2.5 cups (475 g)**
- [ ] **Spinach, mature**
  Used in 2 recipes, such as Keto coconut cream shrimp
  **4 cups (120 g)**
- [ ] **Spring Onion (green), whole, raw**
  Used in 5 recipes, such as Calicen Salad Week 3-8
  **10.5 larges (262.5 g)**
- [ ] **Stevia Extract Powder, Sweetener**
  Used in 1 recipe, such as Calicen Smoothie Week 3-4
  **5 g (5 g)**
- [ ] **Tofu, extra firm**
  Used in 1 recipe, such as Buddha bowl
  **0.1 blocks (45.5 g)**
- [ ] **Tomatoes, red, ripe, raw**
  Used in 1 recipe, such as Calicen Salad Week 3-8
  **21.25 slice, medium (1/4" thick)s (425 g)**
- [ ] **Water, drinking**
  Used in 1 recipe, such as Keto Shrimp tacos
  **0.3 cups (71.1 g)**
- [ ] **White Wine Vinegar**
  Used in 2 recipes, such as Calicen Salad Week 3-8
  **16 tablespoons (240 g)**
- [ ] **Xanthan Gum**
  Used in 1 recipe, such as Keto Shrimp tacos
  **1.8 g (1.8 g)**

## Supplements

10 items

- [ ] **Creatine Monohydrate**
  Used in 2 recipes, such as Calicen Smoothie Week 3-4
  **7 Serving (1 Scoop)s (35 g)**
- [ ] **D3/K2+ Bones for Life Cycles**
  Used in 1 recipe, such as Capsule supplements
  **7 Serving (1 Cap)s (4.7 g)**
- [ ] **Elements+ Mineral Foundation**
  Used in 1 recipe, such as Capsule supplements
  **7 Serving (2 Caps)s (9.4 g)**
- [ ] **Mega B+ Turn it on**
  Used in 1 recipe, such as Capsule supplements
  **7 Serving (1 Cap)s (5.1 g)**

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| **Mushroom Trio+**<br>Used in 2 recipes, such as Calicen Smoothie Week 3-4 | **7 Serving (1 Scoop)s (70 g)** |
| **Omega3 DHA/EPA**<br>Used in 1 recipe, such as Capsule supplements | **7 Serving (2 Caps)s (17.5 g)** |
| **Potassium Citrate**<br>Used in 2 recipes, such as Calicen Smoothie Week 3-4 | **7 Serving (1 Scoop)s (35 g)** |
| **Senolytics Stack+**<br>Used in 1 recipe, such as Capsule supplements | **7 Serving (2 Cap)s (10.1 g)** |
| **Skin Collagen Matrix+**<br>Used in 2 recipes, such as Calicen Smoothie Week 3-4 | **7 Serving (1 Scoop)s (70 g)** |
| **Vegan Protein+ Amino Balanced**<br>Used in 1 recipe, such as Keto Vegan chia and coconut bowl | **1 Serving (1 Scoop) (34.6 g)** |