

Weekly grocery shopping list

Increase Autophagy · Monday through Sunday

43

Unique ingredients

63

Recipe servings

8

Unique recipes

18777.9 g

Estimated total weight

Basic ingredients

39 items

- | | | |
|--------------------------|---|---|
| ☐ | Almond milk, unsweetened, plain
Used in 2 recipes, such as Calicen Smoothie Week 1-2 | 7 cups (1834 g) |
| ☐ | Arugula, raw
Used in 2 recipes, such as Calicen Smoothie Week 1-2 | 1.75 cups (35 g) |
| ☐ | Avocados, raw
Used in 2 recipes, such as Calicen Smoothie Week 1-2 | 3.5 pieces (703.5 g) |
| ☐ | Bell Peppers, yellow, raw
Used in 1 recipe, such as Calicen Salad Week 1-2 | 3 pepper, large (3-3/4" long, 3" dia)s (558 g) |
| ☐ | Beverages, tea, green, brewed, regular
Used in 1 recipe, such as Green Tea | 21 cups (5145 g) |
| ☐ | Blueberries, frozen, unsweetened (Includes foods for USDA's Food Distribution Program)
Used in 1 recipe, such as Calicen Smoothie Weeks 5-8 (falta MCT y cacao) | 0.05 package (20 oz)s (28 g) |
| ☐ | Blueberries, wild, frozen
Used in 1 recipe, such as Calicen Smoothie Week 1-2 | 2.57 cups (360 g) |
| ☐ | Brussels sprouts, raw
Used in 2 recipes, such as Calicen Smoothie Week 1-2 | 13 sprouts (247 g) |
| ☐ | Cacao Nibs, raw
Used in 2 recipes, such as Calicen Smoothie Week 1-2 | 175 g (175 g) |
| ☐ | Carrots, mature, raw
Used in 1 recipe, such as Calicen Salad Week 1-2 | 6 small (5-1/2" long)s (300 g) |
| ☐ | Celery, raw
Used in 4 recipes, such as Calicen Salad Week 1-2 | 7.96 servings (876 g) |
| ☐ | Chia seeds, dry, raw
Used in 4 recipes, such as Calicen Smoothie Week 1-2 | 3.29 oz (93.3 g) |

☐	Coconut Milk Extract, canned Used in 1 recipe, such as Salmon with creamy shiitake	1.5 cups (339 g)
☐	Egg, whole, cooked, hard-boiled Used in 2 recipes, such as Calicen Salad Week 1-2	13 larges (650 g)
☐	Eggs, whole Used in 1 recipe, such as Keto brunch, eggs and mushrooms	2 media (88 g)
☐	Fish, salmon, Atlantic, wild, raw Used in 1 recipe, such as Salmon with creamy shiitake	2.58 fillets (1020 g)
☐	Flaxseed Used in 4 recipes, such as Calicen Smoothie Week 1-2	0.56 cup, wholes (93.3 g)
☐	Garlic, raw Used in 1 recipe, such as Keto brunch, eggs and mushrooms	6 cloves (18 g)
☐	Kale, raw Used in 2 recipes, 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	3 lemon yields (144 g)
☐	Lettuce, butterhead (includes boston and bibb types), raw Used in 1 recipe, such as Calicen Salad Week 3-8	1 leaf, medium (7.5 g)
☐	Lettuce, cos or romaine, raw Used in 1 recipe, such as Calicen Salad Week 1-2	3 heads (1878 g)
☐	MCT Oil Used in 2 recipes, such as Calicen Smoothie Week 1-2	5.29 tablespoons (74 g)
☐	Mushroom, crimini (cremini) Used in 1 recipe, such as Keto brunch, eggs and mushrooms	1 cup sliced (72 g)
☐	Mushroom, Shiitake Used in 1 recipe, such as Salmon with creamy shiitake	600 g (600 g)
☐	Olive Oil, extra virgin Used in 4 recipes, such as Salmon with creamy shiitake	2.13 cups (459 g)
☐	Onions, raw Used in 1 recipe, such as Keto brunch, eggs and mushrooms	3 tbsp choppeds (30 g)
☐	Parsley, fresh Used in 1 recipe, such as Calicen Salad Week 3-8	20 g (20 g)

☐	Salt, table, iodized Used in 2 recipes, such as Calicen Salad Week 3-8	16 dashes (6.4 g)
☐	Seeds, sesame seeds, whole, dried Used in 4 recipes, such as Calicen Smoothie Week 1-2	0.65 cups (93.3 g)
☐	Spices, pepper, black Used in 2 recipes, such as Calicen Salad Week 3-8	24 dashes (2.4 g)
☐	Spinach, frozen, without salt Used in 2 recipes, such as Calicen Smoothie Week 1-2	3.5 cups (665 g)
☐	Spinach, mature Used in 1 recipe, such as Keto brunch, eggs and mushrooms	1 cup (30 g)
☐	Spring Onion, whole, raw Used in 2 recipes, such as Calicen Salad Week 1-2	1.75 cup, choppeds (175 g)
☐	Stevia Extract Powder, Sweetener Used in 2 recipes, such as Calicen Smoothie Week 1-2	7 g (7 g)
☐	Tap Water, drinking Used in 1 recipe, such as Calicen Smoothie Week 1-2	6 fl ozs (177.6 g)
☐	Tomatoes, red, ripe, raw Used in 3 recipes, such as Calicen Salad Week 1-2	6 large whole (3" dia)s (1091.2 g)
☐	Vinegar, cider Used in 2 recipes, such as Calicen Salad Week 1-2	20 tablespoons (298 g)

Supplements

4 items

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