Weekly grocery shopping list

Edition 2026 · Weeks 1–2 · Initial Autophaygy with IF 16h and pescatarian diet · Monday through Sunday

58	70	10	20623.6 g
Unique ingredients	Recipe servings	Unique recipes	Estimated total weight

Basic ingredients

49 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 2 recipes, such as Calicen Smoothie Week 1-2	**4 pieces (804 g)**
☐	**Bell Peppers, yellow, raw** Used in 2 recipes, such as Calicen Salad Week 1-2	**4.1 large (3" ea.)s (762.6 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 1-2	**3 cups (420 g)**
☐	**Bread, french or vienna (includes sourdough)** Used in 1 recipe, such as The best avocado toast	**1 slice (139 g)**
☐	**Brussels sprouts, raw** Used in 1 recipe, such as Calicen Smoothie Week 1-2	**14 pieces (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	**8 small (5")s (400 g)**
☐	**Celery, raw** Used in 3 recipes, such as Calicen Salad Week 1-2	**18.5 stalk, large (12" ea.)s (1184 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 coconut cream shrimp	**16.59 oz (470 g)**
Egg, whole, cooked, hard-boiled Used in 1 recipe, such as Calicen Salad Week 1-2	**14 larges (700 g)**
Eggs, whole Used in 1 recipe, such as The best avocado toast	**2 media (88 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	**1 fillet (116 g)**
Flaxseed Used in 2 recipes, such as Calicen Salad Week 1-2	**0.56 cup, wholes (93.3 g)**
Garlic, raw Used in 4 recipes, such as Keto coconut cream shrimp	**9 cloves (27 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)**
Lemons, raw, without peel Used in 1 recipe, such as Keto salmon and shrimp soup	**1 g (1 g)**
Lettuce, Romaine, raw Used in 1 recipe, such as Calicen Salad Week 1-2	**3.5 heads (2191 g)**
Lime juice, raw Used in 1 recipe, such as Keto salmon and shrimp soup	**0.5 lime yields (22 g)**
MCT Oil Used in 1 recipe, such as Calicen Smoothie Week 1-2	**7 tablespoons (98 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 (expressed from pulp) Used in 2 recipes, such as Keto coconut cream shrimp	**1.1 cups (264 g)**
Nuts, pecans, halves, raw Used in 1 recipe, such as Calicen Salad Week 1-2	**7 oz (19 halves)s (198.5 g)**
Olive Oil, extra virgin Used in 6 recipes, such as Calicen Salad Week 1-2	**1.94 cups (418.5 g)**
Parsley, fresh Used in 3 recipes, such as Tilapia and veggies in foil packet	**0.83 cups (chopped) (50 g)**
Peanuts, raw Used in 1 recipe, such as Calicen Salad Week 1-2	**1.44 cups (210 g)**
Peppers, bell, green, raw Used in 1 recipe, such as Tilapia and veggies in foil packet	**1 small (74 g)**
Peppers, hot chili, red, raw Used in 1 recipe, such as Keto salmon and shrimp soup	**1 g (1 g)**
Red cherry tomatoe, raw Used in 4 recipes, such as Calicen Salad Week 1-2	**66 pieces (990 g)**
Salad dressing, mayonnaise, regular Used in 1 recipe, such as The best avocado toast	**1 tablespoon (13.8 g)**
Salt, table, iodized Used in 5 recipes, such as Calicen Salad Week 1-2	**2.52 tablespoons (45.4 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 5 recipes, such as Calicen Salad Week 1-2	**4 tbsp, grounds (27.6 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	**2 cups (60 g)**
Spring Onion (green), whole, raw Used in 4 recipes, such as Calicen Salad Week 1-2	**2.25 cup, choppeds (225 g)**
Stevia Extract Powder, Sweetener Used in 1 recipe, such as Calicen Smoothie Week 1-2	**7 g (7 g)**

Thyme, fresh Used in 1 recipe, such as Keto salmon and shrimp soup	**0.25 teaspoons (0.2 g)**
Water, drinking Used in 1 recipe, such as Keto salmon and shrimp soup	**3 cups (711 g)**
White Wine Vinegar Used in 1 recipe, such as Calicen Salad Week 1-2	**14 tablespoons (210 g)**

Supplements

9 items

Creatine Monohydrate Used in 1 recipe, such as Calicen Smoothie Week 1-2	**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)**
Mushroom Trio+ Used in 1 recipe, such as Calicen Smoothie Week 1-2	**7 Serving (1 Scoop)s (70 g)**
Omega3 DHA/EPA Used in 1 recipe, such as Capsule supplements	**7 Serving (2 Caps)s (17.5 g)**
Potassium Citrate Used in 1 recipe, such as Calicen Smoothie Week 1-2	**7 Serving (1 Scoop)s (35 g)**
Senolytics Stack+ Used in 1 recipe, such as Capsule supplements	**7 Serving (2 Cap)s (10.1 g)**
Skin Collagen Matrix+ Used in 1 recipe, such as Calicen Smoothie Week 1-2	**7 Serving (1 Scoop)s (70 g)**