Weekly grocery shopping list

Edition 2026 · Weeks 5–6 · Increase Autophagy · Monday through Sunday

66	71	13	18027.8 g
Unique ingredients	Recipe servings	Unique recipes	Estimated total weight

Basic ingredients

57 items

☐	**Almond Flour** Used in 2 recipes, such as Keto Shrimp tacos	**0.75 cups (72 g)**
☐	**Almond milk, unsweetened, plain** Used in 1 recipe, such as Calicen Smoothie Weeks 5-8	**7 cups (1834 g)**
☐	**Arugula, raw** Used in 1 recipe, such as Calicen Smoothie Weeks 5-8	**1.75 cups (35 g)**
☐	**Avocados, raw** Used in 5 recipes, such as Calicen Smoothie Weeks 5-8	**6.25 pieces (1256.3 g)**
☐	**Baby spinach, raw** Used in 1 recipe, such as Vegan keto Buddha bowl	**30 g (30 g)**
☐	**Bell Peppers, yellow, raw** Used in 1 recipe, such as Keto coconut cream shrimp	**10.73 strips (55.8 g)**
☐	**Beverages, tea, green, brewed, regular** Used in 1 recipe, such as Green Tea	**21 cups (5145 g)**
☐	**Blueberries, frozen, unsweetened** Used in 1 recipe, such as Calicen Smoothie Weeks 5-8	**1.26 cup, unthaweds (196 g)**
☐	**Brussels sprouts, raw** Used in 1 recipe, such as Calicen Smoothie Weeks 5-8	**7 pieces (133 g)**
☐	**Cacao Nibs, raw** Used in 1 recipe, such as Calicen Smoothie Weeks 5-8	**175 g (175 g)**
☐	**Celery, raw** Used in 2 recipes, such as Calicen Salad Week 3-8	**14.44 stalk, large (12" ea.)s (924 g)**
☐	**Chia seeds, dry, raw** Used in 2 recipes, such as Calicen Smoothie Weeks 5-8	**3.29 oz (93.3 g)**

Coconut flour Used in 2 recipes, such as Keto Shrimp tacos	**19.2 g (19.2 g)**
Coconut Milk Extract, canned Used in 1 recipe, such as Salmon with creamy shiitake	**0.25 cups (56.5 g)**
Crustaceans, shrimp, raw Used in 2 recipes, such as Keto Shrimp tacos	**10.59 oz (300 g)**
Cucumber, with peel, raw Used in 1 recipe, such as Vegan keto Buddha bowl	**0.29 cups (slices) (30.1 g)**
Dijon Mustard Used in 1 recipe, such as Vegan keto Buddha bowl	**1 tablespoon (15 g)**
Dill weed, fresh Used in 1 recipe, such as Guacamole	**1 g (1 g)**
Edamame, frozen, unprepared Used in 1 recipe, such as Vegan keto Buddha bowl	**0.5 cups (59 g)**
Egg, whole, cooked, hard-boiled Used in 1 recipe, such as Calicen Salad Week 3-8	**7 larges (350 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	**6 oz (170 g)**
Flaxseed Used in 4 recipes, such as Calicen Smoothie Weeks 5-8	**15.98 tbsp, grounds (111.9 g)**
Garlic, raw Used in 3 recipes, such as Keto Shrimp tacos	**5 cloves (15 g)**
Kale, raw Used in 1 recipe, such as Calicen Smoothie Weeks 5-8	**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 2 recipes, such as Vegan keto Buddha bowl	**1.5 lemon yields (72 g)**
Lettuce, Romaine, raw Used in 1 recipe, such as Calicen Salad Week 3-8	**3.5 heads (2191 g)**
Lime juice, raw Used in 2 recipes, such as Keto Shrimp tacos	**2 lime yields (88 g)**

MCT Oil Used in 1 recipe, such as Calicen Smoothie Weeks 5-8	**7 tablespoons (98 g)**
Mushroom, oyster Used in 1 recipe, such as Mushrooms stew	**0.68 larges (100 g)**
Mushroom, Shiitake Used in 3 recipes, such as Keto brunch, eggs and mushrooms	**18.42 whole pieces (350 g)**
Nuts, almonds, whole, raw Used in 1 recipe, such as Mushrooms stew	**10 pieces (12 g)**
Nuts, coconut cream, raw (expressed from pulp) Used in 2 recipes, such as Keto coconut cream shrimp	**0.49 cups (117 g)**
Nuts, pecans, halves, raw Used in 2 recipes, such as Calicen Salad Week 3-8	**8 oz (19 halves)s (226.8 g)**
Oil, sesame Used in 1 recipe, such as Vegan keto Buddha bowl	**1 tablespoon (13.6 g)**
Olive Oil, extra virgin Used in 8 recipes, such as Calicen Salad Week 3-8	**1.83 cups (394.2 g)**
Parsley, fresh Used in 3 recipes, such as Calicen Salad Week 3-8	**2.56 cups (chopped) (153.8 g)**
Peppers, bell, green, raw Used in 1 recipe, such as Vegan keto Buddha bowl	**0.5 cup, choppeds (74.5 g)**
Peppers, hot chili, red, raw Used in 1 recipe, such as Keto Shrimp tacos	**2 g (2 g)**
Psyllium Husk Used in 2 recipes, such as Keto Shrimp tacos	**12 g (12 g)**
Red cherry tomatoe, raw Used in 3 recipes, such as Salmon with creamy shiitake	**21 pieces (315 g)**
Salt, table, iodized Used in 7 recipes, such as Calicen Salad Week 3-8	**6.5 teaspoons (39 g)**
Seeds, sesame seeds, whole, dried Used in 3 recipes, such as Calicen Smoothie Weeks 5-8	**0.71 cups (102.3 g)**
Spices, cumin seed Used in 1 recipe, such as Keto Shrimp tacos	**0.25 g (0.3 g)**
Spices, paprika Used in 1 recipe, such as Vegan keto Buddha bowl	**1 teaspoon (2.3 g)**

- [ ] **Spices, pepper, black**
  Used in 6 recipes, such as Calicen Salad Week 3-8
  8 tsp, wholes (23.2 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 Weeks 5-8
  3.5 cups (665 g)
- [ ] **Spinach, mature**
  Used in 2 recipes, such as Keto brunch, eggs and mushrooms
  2 cups (60 g)
- [ ] **Spring Onion (green), whole, raw**
  Used in 6 recipes, such as Calicen Salad Week 3-8
  2.5 cup, choppeds (250 g)
- [ ] **Stevia Extract Powder, Sweetener**
  Used in 1 recipe, such as Calicen Smoothie Weeks 5-8
  7 g (7 g)
- [ ] **Tofu, extra firm**
  Used in 1 recipe, such as Vegan keto Buddha bowl
  0.1 blocks (45.5 g)
- [ ] **Tomatoes, red, ripe, raw**
  Used in 2 recipes, such as Calicen Salad Week 3-8
  5.25 medium whole (2-1/2")s (646 g)
- [ ] **Water, drinking**
  Used in 2 recipes, such as Keto Shrimp tacos
  4.8 fl ozs (142.2 g)
- [ ] **White Wine Vinegar**
  Used in 2 recipes, such as Calicen Salad Week 3-8
  15 tablespoons (225 g)
- [ ] **Xanthan Gum**
  Used in 2 recipes, such as Keto Shrimp tacos
  1.2 teaspoons (3.6 g)

Supplements

9 items

- [ ] **Creatine Monohydrate**
  Used in 1 recipe, such as Calicen Smoothie Weeks 5-8
  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 Weeks 5-8
  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 Weeks 5-8	**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 Weeks 5-8	**7 Serving (1 Scoop)s (70 g)**