Weekly grocery shopping list

Edition 2026 · Week 9 · Water Fast + Electrolyte · Monday through Sunday

13	40	5	6555.9 g
Unique ingredients	Recipe servings	Unique recipes	Estimated total weight

Basic ingredients

8 items

- [ ] **Beverages, tea, green, brewed, regular** — 7 cups (1715 g)
  Used in 1 recipe, such as Green Tea
- [ ] **Lemon grass (citronella), raw** — 14 tablespoons (67.2 g)
  Used in 1 recipe, such as Herbal Tea
- [ ] **Lime juice, raw** — 3.5 lime yields (154 g)
  Used in 1 recipe, such as Salty lemonade
- [ ] **Miso** — 5 tablespoons (85 g)
  Used in 1 recipe, such as Fasting apt Miso Soup
- [ ] **Nori Seaweed, dry sheet** — 5 sheets (15 g)
  Used in 1 recipe, such as Fasting apt Miso Soup
- [ ] **Salt, table, iodized** — 7 dashes (2.8 g)
  Used in 1 recipe, such as Salty lemonade
- [ ] **Sparkling Water** — 8.86 cups (2100 g)
  Used in 1 recipe, such as Salty lemonade
- [ ] **Water, drinking** — 10 cups (2370 g)
  Used in 1 recipe, such as Fasting apt Miso Soup

Supplements

5 items

- [ ] **D3/K2+ Bones for Life Cycles** — 7 Serving (1 Cap)s (4.7 g)
  Used in 1 recipe, such as Capsule supplements
- [ ] **Elements+ Mineral Foundation** — 7 Serving (2 Caps)s (9.4 g)
  Used in 1 recipe, such as Capsule supplements
- [ ] **Mega B+ Turn it on** — 7 Serving (1 Cap)s (5.1 g)
  Used in 1 recipe, such as Capsule supplements
- [ ] **Omega3 DHA/EPA** — 7 Serving (2 Caps)s (17.5 g)
  Used in 1 recipe, such as Capsule supplements

- [ ] **Senolytics Stack+**
  Used in 1 recipe, such as Capsule supplements

7 Serving (2 Cap)s (10.1 g)