Weekly grocery shopping list

Edition 2026 · Weeks 12–13 · Start Mediterranean · Monday through Sunday

66	73	15	20901.4 g
Unique ingredients	Recipe servings	Unique recipes	Estimated total weight

Basic ingredients

56 items

Almond milk, unsweetened, plain Used in 2 recipes, such as Calicen Smoothie Week 10-15	**8 cups (2096 g)**
Apples, fuji, with skin, raw Used in 1 recipe, such as Mushrooms omelette breakfast	**1 large (236 g)**
Arugula, raw Used in 1 recipe, such as Calicen Smoothie Week 10-15	**1.75 cups (35 g)**
Avocados, raw Used in 2 recipes, such as Calicen Smoothie Week 10-15	**4 pieces (804 g)**
Bananas, ripe and slightly ripe, raw Used in 1 recipe, such as Fruit and nuts snack	**1 small (6" to 6-7/8" long) (101 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, wild, frozen Used in 2 recipes, such as Calicen Smoothie Week 10-15	**3.36 cups (470 g)**
Bread, french or vienna (includes sourdough) Used in 2 recipes, such as Mushrooms omelette breakfast	**2 slices (278 g)**
Brussels sprouts, raw Used in 1 recipe, such as Calicen Smoothie Week 10-15	**14 pieces (266 g)**
Cacao Nibs, raw Used in 3 recipes, such as Calicen Smoothie Week 10-15	**200 g (200 g)**
Carrots, mature, raw Used in 5 recipes, such as Calicen Salad Week 12-17	**5 cups (grated) (550 g)**

Celery, raw Used in 4 recipes, such as Calicen Salad Week 12-17	**18.5 stalk, large (12" ea.)s (1184 g)**
Chia seeds, dry, raw Used in 5 recipes, such as Calicen Smoothie Week 10-15	**2.7 oz (76.7 g)**
Coconut milk, extract Used in 1 recipe, such as Fish soup	**0.5 cups (120 g)**
Crustaceans, shrimp, raw Used in 2 recipes, such as Shrimp tacos	**10.59 oz (300 g)**
Cucumber, with peel, raw Used in 1 recipe, such as Cucumber Salad	**2 cucumber (8" ea.)s (602 g)**
Egg, whole, cooked, hard-boiled Used in 1 recipe, such as Calicen Salad Week 12-17	**10 larges (500 g)**
Eggs, whole Used in 2 recipes, such as Mushrooms omelette breakfast	**4 media (176 g)**
Fish, snapper, mixed species, raw Used in 1 recipe, such as Fish soup	**5.29 oz (150 g)**
Fish, tilapia, raw Used in 1 recipe, such as Tilapia and veggies in foil packet	**2 fillets (232 g)**
Flaxseed Used in 5 recipes, such as Calicen Smoothie Week 10-15	**0.46 cup, wholes (76.7 g)**
Garlic, raw Used in 5 recipes, such as Shrimp tacos	**10 cloves (30 g)**
Honey Used in 1 recipe, such as Kefir snack	**1 tablespoon (21 g)**
Kale, raw Used in 1 recipe, such as Calicen Smoothie Week 10-15	**3.5 cups (73.5 g)**
Kefir (Coconut Milk) Used in 1 recipe, such as Kefir snack	**10 tablespoons (150 g)**
Lemon grass (citronella), raw Used in 1 recipe, such as Herbal Tea	**21 tablespoons (100.8 g)**
Lettuce, Romaine, raw Used in 1 recipe, such as Calicen Salad Week 12-17	**2.5 heads (1565 g)**
Lime juice, raw Used in 1 recipe, such as Shrimp tacos	**1 lime yields (44 g)**

Mushroom, Shiitake Used in 1 recipe, such as Mushrooms omelette breakfast	**5.26 whole pieces (100 g)**
Nuts, almonds, whole, raw Used in 1 recipe, such as Fruit and nuts snack	**24 pieces (28.8 g)**
Nuts, coconut cream, raw (expressed from pulp) Used in 2 recipes, such as Keto coconut cream shrimp	**6.8 tablespoons (102 g)**
Nuts, pecans, halves, raw Used in 2 recipes, such as Calicen Salad Week 12-17	**6 oz (19 halves)s (170.1 g)**
Olive Oil, extra virgin Used in 8 recipes, such as Calicen Salad Week 12-17	**1.75 cups (378 g)**
Parsley, fresh Used in 4 recipes, such as Tilapia and veggies in foil packet	**16.79 tablespoons (63.8 g)**
Peanuts, raw Used in 1 recipe, such as Cucumber Salad	**0.41 cups (60 g)**
Peppers, bell, green, raw Used in 1 recipe, such as Tilapia and veggies in foil packet	**2 smalls (148 g)**
Peppers, bell, red, raw Used in 2 recipes, such as Calicen Salad Week 12-17	**8.76 small (2")s (648 g)**
Peppers, hot chili, red, raw Used in 1 recipe, such as Shrimp tacos	**2 g (2 g)**
Potatoes, with skin, raw Used in 1 recipe, such as Fish soup	**1 small (2" dia) (170 g)**
Red cherry tomatoe, raw Used in 3 recipes, such as Calicen Salad Week 12-17	**65 pieces (975 g)**
Roma tomatoe, raw Used in 1 recipe, such as Fish soup	**1 piece (70 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 8 recipes, such as Calicen Salad Week 12-17	**2.26 tablespoons (40.6 g)**
Seeds, hemp seed, hulled Used in 1 recipe, such as Cucumber Salad	**12 tablespoons (120 g)**
Seeds, pumpkin seeds (pepitas), raw Used in 2 recipes, such as Calicen Smoothie Week 10-15	**0.47 cups (60 g)**

- [ ] **Seeds, sesame seeds, whole, dried**
  Used in 5 recipes, such as Calicen Smoothie Week 10-15
  8.52 tablespoons (76.7 g)
- [ ] **Spices, bay leaf**
  Used in 1 recipe, such as Fish soup
  1 tsp, crumbled (0.6 g)
- [ ] **Spices, pepper, black**
  Used in 8 recipes, such as Calicen Salad Week 12-17
  4.03 tbsp, grounds (27.8 g)
- [ ] **Spinach, frozen, without salt**
  Used in 1 recipe, such as Calicen Smoothie Week 10-15
  3.5 cups (665 g)
- [ ] **Spinach, mature**
  Used in 2 recipes, such as Keto coconut cream shrimp
  2 cups (60 g)
- [ ] **Spring Onion (green), whole, raw**
  Used in 7 recipes, such as Calicen Salad Week 12-17
  2.5 cup, choppeds (250 g)
- [ ] **Thyme, fresh**
  Used in 1 recipe, such as Fish soup
  0.5 teaspoons (0.4 g)
- [ ] **Tomatoes, red, ripe, raw**
  Used in 1 recipe, such as Shrimp tacos
  1 large whole (3") (182 g)
- [ ] **Tortillas, ready-to-bake or -fry, corn**
  Used in 1 recipe, such as Shrimp tacos
  3 tortillas (72 g)
- [ ] **White Wine Vinegar**
  Used in 2 recipes, such as Calicen Salad Week 12-17
  14 tablespoons (210 g)

Supplements

10 items

- [ ] **Creatine Monohydrate**
  Used in 1 recipe, such as Calicen Smoothie Week 10-15
  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 10-15
  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 10-15	**14 Serving (1 Scoop)s (70 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 10-15	**7 Serving (1 Scoop)s (70 g)**
Vegan Protein+ Amino Balanced Used in 2 recipes, such as Calicen Smoothie Week 10-15	**8 Serving (1 Scoop)s (276.5 g)**