Weekly grocery shopping list

Edition 2026 · Weeks 14–15 · Peak Muscle Growth · Monday through Sunday

72	77	22	20015.8 g
Unique ingredients	Recipe servings	Unique recipes	Estimated total weight

Basic ingredients

62 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 2 recipes, such as Apple and peanut butter	**2 larges (472 g)**
☐	**Arugula, raw** Used in 1 recipe, such as Calicen Smoothie Week 10-15	**1.75 cups (35 g)**
☐	**Avocados, raw** Used in 3 recipes, such as Calicen Smoothie Week 10-15	**5 pieces (1005 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)**
☐	**Basil, fresh** Used in 1 recipe, such as Shrimp pasta	**2 tbsp, choppeds (5.3 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 4 recipes, such as Calicen Salad Week 12-17	**7 small (5")s (350 g)**
Celery, raw Used in 3 recipes, such as Calicen Salad Week 12-17	**13.5 stalk, large (12" ea.)s (864 g)**
Chia seeds, dry, raw Used in 6 recipes, such as Calicen Smoothie Week 10-15	**2.65 oz (75 g)**
Coconut Milk Extract, canned Used in 2 recipes, such as Shrimp pasta	**0.75 cups (169.5 g)**
Crustaceans, shrimp, raw Used in 2 recipes, such as Keto coconut cream shrimp	**10.59 oz (300 g)**
Cucumber, with peel, raw Used in 1 recipe, such as Cucumber Salad	**1 cucumber (8" ea.) (301 g)**
Dill weed, fresh Used in 1 recipe, such as Guacamole	**1 g (1 g)**
Egg, whole, cooked, hard-boiled Used in 1 recipe, such as Calicen Salad Week 12-17	**8 larges (400 g)**
Eggs, whole Used in 2 recipes, such as Mushrooms omelette breakfast	**4 media (176 g)**
Fish, salmon, Atlantic, wild, raw Used in 1 recipe, such as Salmon with creamy shiitake	**6 oz (170 g)**
Fish, tilapia, raw Used in 1 recipe, such as Tilapia and veggies in foil packet	**1 fillet (116 g)**
Flaxseed Used in 6 recipes, such as Calicen Smoothie Week 10-15	**7.28 tbsp, wholes (75 g)**
Garlic, raw Used in 4 recipes, such as Keto coconut cream shrimp	**7 cloves (21 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)**

Lemon juice, raw Used in 2 recipes, such as Salmon with creamy shiitake	**1 lemon yields (48 g)**
Lentils, raw Used in 1 recipe, such as Lentils stew	**0.3 cups (57.6 g)**
Lettuce, Romaine, raw Used in 1 recipe, such as Calicen Salad Week 12-17	**2 heads (1252 g)**
Lime juice, raw Used in 1 recipe, such as Guacamole	**1 lime yields (44 g)**
Mangos, raw Used in 0 recipes, such as	**0.5 fruit without refuses (168 g)**
Miso Used in 1 recipe, such as Miso Soup	**1 tablespoon (17 g)**
Multigrain sourdough bread with seeds Used in 0 recipes, such as	**1 large slice (75 g)**
Mushroom, Shiitake Used in 3 recipes, such as Salmon with creamy shiitake	**12.63 whole pieces (240 g)**
Nori Seaweed, dry sheet Used in 1 recipe, such as Miso Soup	**1 sheet (3 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 1 recipe, such as Keto coconut cream shrimp	**0.3 cups (72 g)**
Nuts, pecans, halves, raw Used in 2 recipes, such as Calicen Salad Week 12-17	**5 oz (19 halves)s (141.8 g)**
Olive Oil, extra virgin Used in 9 recipes, such as Calicen Salad Week 12-17	**1.56 cups (337.5 g)**
Parsley, fresh Used in 3 recipes, such as Tilapia and veggies in foil packet	**10.53 tablespoons (40 g)**
Pasta, dry, enriched Used in 1 recipe, such as Shrimp pasta	**1 cup spaghetti (91 g)**
Peanuts, raw Used in 2 recipes, such as Cucumber Salad	**0.41 cups (59.4 g)**
Peppers, bell, green, raw Used in 1 recipe, such as Tilapia and veggies in foil packet	**1 small (74 g)**

Peppers, bell, red, raw Used in 2 recipes, such as Calicen Salad Week 12-17	**3 cup, choppeds (447 g)**
Red cherry tomatoe, raw Used in 5 recipes, such as Calicen Salad Week 12-17	**63 pieces (945 g)**
Rice, white, short-grain, enriched, cooked Used in 0 recipes, such as	**1 cup (186 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	**5.73 teaspoons (34.4 g)**
Seeds, hemp seed, hulled Used in 1 recipe, such as Cucumber Salad	**6 tablespoons (60 g)**
Seeds, pumpkin seeds (pepitas), raw Used in 2 recipes, such as Calicen Smoothie Week 10-15	**1.94 oz (55 g)**
Seeds, sesame seeds, whole, dried Used in 6 recipes, such as Calicen Smoothie Week 10-15	**0.52 cups (75 g)**
Spices, pepper, black Used in 7 recipes, such as Calicen Salad Week 12-17	**3.01 tbsp, grounds (20.8 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 8 recipes, such as Calicen Salad Week 12-17	**2 cup, choppeds (200 g)**
Tofu, extra firm Used in 1 recipe, such as Miso Soup	**0.1 blocks (45.5 g)**
Tomato products, canned, puree, with salt added Used in 1 recipe, such as Lentils stew	**0.5 cups (125 g)**
Tomatoes, red, ripe, raw Used in 1 recipe, such as Lentils stew	**1 medium whole (2-1/2") (123 g)**
White Wine Vinegar Used in 2 recipes, such as Calicen Salad Week 12-17	**10 tablespoons (150 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)**