Weekly grocery shopping list

Edition 2026 · Weeks 16–17 · Lock-in Real-World Strength · Monday through Sunday

67	78	19	20911.7 g
Unique ingredients	Recipe servings	Unique recipes	Estimated total weight

Basic ingredients

57 items

☐	**Almond milk, unsweetened, plain** Used in 2 recipes, such as Calicen Smoothie Week 16-17	**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 16-17	**1.75 cups (35 g)**
☐	**Asparagus, raw** Used in 1 recipe, such as Steak and veggies	**2 extra large (10" long)s (48 g)**
☐	**Avocados, raw** Used in 2 recipes, such as Calicen Smoothie Week 16-17	**4.5 pieces (904.5 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)**
☐	**Beef, grass-fed, strip steaks, lean only, raw** Used in 1 recipe, such as Steak and veggies	**1 steak (214 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 16-17	**1.86 cups (260 g)**
☐	**Bread, french or vienna (includes sourdough)** Used in 2 recipes, such as The best avocado toast	**3 slices (417 g)**
☐	**Brussels sprouts, raw** Used in 1 recipe, such as Calicen Smoothie Week 16-17	**14 pieces (266 g)**

Cacao Nibs, raw Used in 3 recipes, such as Calicen Smoothie Week 16-17	**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 3 recipes, such as Calicen Salad Week 12-17	**14.44 stalk, large (12" ea.)s (924 g)**
Chia seeds, dry, raw Used in 6 recipes, such as Calicen Smoothie Week 16-17	**2.82 oz (80 g)**
Crustaceans, shrimp, raw Used in 1 recipe, such as Keto coconut cream shrimp	**5.29 oz (150 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 The best avocado toast	**6 media (264 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 16-17	**7.77 tbsp, wholes (80 g)**
Garlic, raw Used in 3 recipes, such as The best avocado toast	**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 16-17	**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)**
Mangos, raw Used in 0 recipes, such as	**1 fruit without refuse (336 g)**

Miso Used in 1 recipe, such as Miso Soup	**1 tablespoon (17 g)**
Mushroom, Shiitake Used in 2 recipes, such as Mushrooms omelette breakfast	**7.37 whole pieces (140 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	**6 oz (19 halves)s (170.1 g)**
Olive Oil, extra virgin Used in 7 recipes, such as Calicen Salad Week 12-17	**1.69 cups (364.5 g)**
Parsley, fresh Used in 3 recipes, such as The best avocado toast	**0.83 cups (chopped) (50 g)**
Peanuts, raw Used in 2 recipes, such as Cucumber Salad	**3.15 oz (89.4 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	**8.76 small (2")s (648 g)**
Quinoa, cooked Used in 0 recipes, such as	**1 cup (185 g)**
Red cherry tomatoe, raw Used in 3 recipes, such as Calicen Salad Week 12-17	**60 pieces (900 g)**
Rice, white, short-grain, enriched, cooked Used in 0 recipes, such as	**1 cup (186 g)**
Roma tomatoe, raw Used in 1 recipe, such as Steak and veggies	**1 piece (70 g)**
Salad dressing, mayonnaise, regular Used in 1 recipe, such as The best avocado toast	**2 tablespoons (27.6 g)**
Salt, table, iodized Used in 8 recipes, such as Calicen Salad Week 12-17	**7.73 teaspoons (46.4 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 16-17
  0.47 cups (60 g)
- [ ] **Seeds, sesame seeds, whole, dried**
  Used in 6 recipes, such as Calicen Smoothie Week 16-17
  0.56 cups (80 g)
- [ ] **Spices, paprika**
  Used in 1 recipe, such as Steak and veggies
  1 teaspoon (2.3 g)
- [ ] **Spices, pepper, black**
  Used in 6 recipes, such as Calicen Salad Week 12-17
  8.76 tsp, wholes (25.4 g)
- [ ] **Spices, pepper, white**
  Used in 1 recipe, such as Steak and veggies
  2 tsp, grounds (4.8 g)
- [ ] **Spinach, frozen, without salt**
  Used in 1 recipe, such as Calicen Smoothie Week 16-17
  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 6 recipes, such as Calicen Salad Week 12-17
  9.5 larges (237.5 g)
- [ ] **Tofu, extra firm**
  Used in 1 recipe, such as Miso Soup
  0.1 blocks (45.5 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 16-17
  7 Serving (1 Scoop)s (35 g)
- [ ] **D3/K2+ Bones for Life Cycles**
  Used in 1 recipe, such as Capsule supplements
  8.99 Serving (1 Cap)s (6.1 g)
- [ ] **Elements+ Mineral Foundation**
  Used in 1 recipe, such as Capsule supplements
  8.99 Serving (2 Caps)s (12.1 g)
- [ ] **Mega B+ Turn it on**
  Used in 1 recipe, such as Capsule supplements
  8.99 Serving (1 Cap)s (6.6 g)
- [ ] **Mushroom Trio+**
  Used in 1 recipe, such as Calicen Smoothie Week 16-17
  7 Serving (1 Scoop)s (70 g)

Omega3 DHA/EPA Used in 1 recipe, such as Capsule supplements	**8.99 Serving (2 Caps)s (22.5 g)**
Potassium Citrate Used in 1 recipe, such as Calicen Smoothie Week 16-17	**14 Serving (1 Scoop)s (70 g)**
Senolytics Stack+ Used in 1 recipe, such as Capsule supplements	**8.99 Serving (2 Cap)s (13 g)**
Skin Collagen Matrix+ Used in 1 recipe, such as Calicen Smoothie Week 16-17	**7 Serving (1 Scoop)s (70 g)**
Vegan Protein+ Amino Balanced Used in 2 recipes, such as Calicen Smoothie Week 16-17	**8 Serving (1 Scoop)s (276.5 g)**