

Weekly grocery shopping list

Start Pescatarian Keto · Monday through Sunday

41

Unique ingredients

63

Recipe servings

8

Unique recipes

18988.6 g

Estimated total weight

Basic ingredients

37 items

- | | | |
|--------------------------|--|---|
| ☐ | Almond milk, unsweetened, plain
Used in 2 recipes, such as Calicen Smoothie Week 1-2 | 7 cups (1834 g) |
| ☐ | Arugula, raw
Used in 2 recipes, such as Calicen Smoothie Week 1-2 | 1.75 cups (35 g) |
| ☐ | Avocados, raw
Used in 2 recipes, such as Calicen Smoothie Week 1-2 | 3.5 pieces (703.5 g) |
| ☐ | Bell Peppers, yellow, raw
Used in 2 recipes, such as Calicen Salad Week 1-2 | 3.3 pepper, large (3-3/4" long, 3" dia)s (613.8 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 1-2 | 2.79 cups (390 g) |
| ☐ | Brussels sprouts, raw
Used in 2 recipes, such as Calicen Smoothie Week 1-2 | 13 sprouts (247 g) |
| ☐ | Cacao Nibs, raw
Used in 2 recipes, such as Calicen Smoothie Week 1-2 | 175 g (175 g) |
| ☐ | Carrots, mature, raw
Used in 1 recipe, such as Calicen Salad Week 1-2 | 6 small (5-1/2" long)s (300 g) |
| ☐ | Celery, raw
Used in 4 recipes, such as Calicen Salad Week 1-2 | 21.5 stalk, medium (8")s (860 g) |
| ☐ | Chia seeds, dry, raw
Used in 4 recipes, such as Calicen Smoothie Week 1-2 | 3.29 oz (93.3 g) |
| ☐ | Coconut Milk Extract, canned
Used in 1 recipe, such as Salmon with creamy shiitake | 1.5 cups (339 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 Keto cucumber salad	1 cucumber (8-1/4") (301 g)
☐	Egg, whole, cooked, hard-boiled Used in 1 recipe, such as Calicen Salad Week 1-2	12 larges (600 g)
☐	Fish, salmon, Atlantic, wild, raw Used in 1 recipe, such as Salmon with creamy shiitake	2.58 fillets (1020 g)
☐	Flaxseed Used in 4 recipes, such as Calicen Smoothie Week 1-2	0.56 cup, wholes (93.3 g)
☐	Garlic, raw Used in 1 recipe, such as Keto coconut cream shrimp	2 cloves (6 g)
☐	Kale, raw Used in 2 recipes, such as Calicen Smoothie Week 1-2	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 1 recipe, such as Salmon with creamy shiitake	3 lemon yields (144 g)
☐	Lettuce, cos or romaine, raw Used in 1 recipe, such as Calicen Salad Week 1-2	3 heads (1878 g)
☐	MCT Oil Used in 2 recipes, such as Calicen Smoothie Week 1-2	5.29 tablespoons (74 g)
☐	Mushroom, Shiitake Used in 1 recipe, such as Salmon with creamy shiitake	600 g (600 g)
☐	Nuts, coconut cream, raw (liquid expressed from grated meat) Used in 1 recipe, such as Keto coconut cream shrimp	0.3 cups (72 g)
☐	Olive Oil, extra virgin Used in 4 recipes, such as Salmon with creamy shiitake	2.02 cups (436.5 g)
☐	Parsley, fresh Used in 2 recipes, such as Keto cucumber salad	10.53 tablespoons (40 g)
☐	Salt, table, iodized Used in 2 recipes, such as Keto coconut cream shrimp	2 teaspoons (12 g)
☐	Seeds, sesame seeds, whole, dried Used in 4 recipes, such as Calicen Smoothie Week 1-2	0.65 cups (93.3 g)

☐	Spices, pepper, black Used in 2 recipes, such as Keto coconut cream shrimp	2 tsp, grounds (4.6 g)
☐	Spinach, frozen, without salt Used in 2 recipes, such as Calicen Smoothie Week 1-2	3.5 cups (665 g)
☐	Spinach, mature Used in 1 recipe, such as Keto coconut cream shrimp	1 cup (30 g)
☐	Spring Onion, whole, raw Used in 2 recipes, such as Calicen Salad Week 1-2	1.75 cup, choppeds (175 g)
☐	Stevia Extract Powder, Sweetener Used in 2 recipes, such as Calicen Smoothie Week 1-2	7 g (7 g)
☐	Tap Water, drinking Used in 1 recipe, such as Calicen Smoothie Week 1-2	6 fl ozs (177.6 g)
☐	Tomatoes, red, ripe, raw Used in 2 recipes, such as Calicen Salad Week 1-2	6.75 cups (cherry tomatoes) (1006.2 g)
☐	Vinegar, cider Used in 2 recipes, such as Calicen Salad Week 1-2	19 tablespoons (283.1 g)

Supplements

4 items

☐	Creatine Monohydrate Used in 2 recipes, such as Calicen Smoothie Week 1-2	7 Serving (1 Scoop)s (35 g)
☐	Mushroom Trio+ Used in 2 recipes, such as Calicen Smoothie Week 1-2	7 Serving (1 Scoop)s (70 g)
☐	Potassium Citrate Used in 2 recipes, such as Calicen Smoothie Week 1-2	7 Serving (1 Scoop)s (35 g)
☐	Skin Collagen Matrix+ Used in 2 recipes, such as Calicen Smoothie Week 1-2	7 Serving (1 Scoop)s (70 g)