

Weekly Shopping Planner (perishables, page 1/3)  
Only buy items you know someone will eat, don't buy stuff nobody likes

Perishable Veggies: Eat within 7 days
<b>Chose 4-6 of the following, most perishable on top</b>
SALAD TUB: 8-16 oz tub (16 ounces will make 4-6 servings)
ROMAINE, RED LEAF, or BUTTER LETTUCE: or 2-3 heads, each head makes 2 very large salads
FRESH HERBS: 1-2 of the following: basil, chives, cilantro, green onion, parsley, tarragon
TOPS: Beet greens, radish greens: 1 bunch makes 2 servings
SPINACH TUB: 8-16 oz (cooked, 16 oz will make 2 servings, as salad will make 4-6 servings)
AVOCADO
TOMATO
BELL PEPPERS: 1-2: green   yellow   red
ASPARAGUS: 1 bunch makes 2-3 servings
GREEN BEANS: 1 pound makes 2-3 servings
SWISS CHARD or KALE: 1 bunch, each bunch makes 2 good size servings
BROCCOLI :1 bunch, makes 2-3 servings
MUSHROOMS: 1-2 pints for sauteeing and/or meat sauces
RADISH: 1 bunch for 4 salads
ZUCCHINI, SPAGHETTI & SUMMER SQUASHES

<p><b>PERISHABLE MEATS:</b> Buy a total of 3-4 pounds/week per person</p>
<p><b>Chose 2-3 of the following (Double poundage for cuts that include bone)</b></p>
<p>CHICKEN: i.e. breast, fingers (unbreaded), wings, thighs, drumsticks, whole, livers, ground meat</p>
<p>PORK: i.e. loin, chops, ribs, sausage, bacon, ground meat</p>
<p>BEEF: i.e. steaks, ground, chuck, ribs, oxtail, liver</p>
<p>TURKEY: i.e. breast, thighs, drumsticks, ground, sausage, whole w/ giblets</p>
<p>LAMB: i.e. chops, ribs, ground, liver, kidneys</p>
<p>BUFFALO: i.e. ground</p>
<p>FISH: i.e. salmon, cod, tilapia, ahi, mahi mahi, herring.</p>
<p>SHELLFISH: i.e. shrimp, oysters, scallops, lobster, crab</p>
<p>EGGS: 1/2 dozen per person</p>
<p><b>STORAGE &amp; TIMING OF FRESH MEATS:</b></p>
<p>Freeze 1/2 of what you buy. If you shop on Saturday, thaw out second half on Tuesday (day 3 of the 7-day cycle)</p>
<p><b>FISH PRESERVES</b></p>
<p>PICKLED HERRING, SMOKED TROUT OR SALMON, LOX</p>
<p><b>DAIRY STAPLES</b></p>
<p><b>Most perishable on top</b></p>
<p>MILK: 1-2 pint per person for coffee/tea, smoothies</p>
<p>BUTTERMILK: small amount only, for dressing</p>
<p>DAIRY FATS: cream, cream cheese, sour cream</p>
<p>COTTAGE CHEESE: 2-4% dairy fat, 1-2 tub per person</p>
<p>YOGURT: 1 Qt. whole milk plain, Greek or regular style</p>
<p>HARD CHEESE: 2-3 pounds of your favorites at any given time: Cheddar, Colby, Farmers, Gruyere, Manchego, Monterey Jack, Mozzarella, Muenster, Provolone, Swiss. NOTE: Parmesan and Romano will keep for months</p>

Weekly Shopping Planner (perishables page 3/3)

VEGGIE STAPLES & PRESERVES	
Store 4-6 weeks	Store for months
BEETS	ARTICHOKE HEARTS
CABBAGE (green/red)	CAPERS
CARROTS	FROZEN GREEN PEAS
CELERY	FROZEN LIMA BEANS
GARLIC	FROZEN SPINACH
GINGER ROOT	GARDENIA (Mezzetta brand)
JICAMA	HORSERADISH
KIMCHI (fermented)	KALE CHIPS
ONIONS	OLIVES (green, black, Greek)
PICKLES (fermented)	MIXED BEAN SALAD (jarred)
SHALLOTS	PEPPERONCINI
SAURKRAUT (fermented)	ROASTED RED PEPPERS
TUMERIC ROOT	SALSA (green, red)
TURNIPS	SUNDRIED TOMATO

EXTENDED SHELF LIFE STAPLES (page 1/3)

ALWAYS HAVE THESE ON HAND

Don't buy stuff you won't eat :-)

Do buy MORE of the stuff you eat MORE often

FATS AND OILS	
BUTTER (OR GHEE) ok to freeze	PEANUT OIL
COCONUT OIL & CREAM	TOASTED SESAME OIL
OLIVE OIL	AVOCADO OIL
PROTEIN STAPLES	
CANNED SALMON (bone in best)	CANNED TUNA (in water or olive oil)
CHICKEN & BEEF STOCK (Kirkland Organic, Pacific Organic)	SARDINES (bone in best, in olive oil, avoid those containing vegetable oils)
OYSTERS (in olive oil)	CANNED CHICKEN
TOFU (Fermented is best)	CANNED TUNA (in water)
ANCHOVIES (in olive oil)	CANNED MACKEREL
KIPPERED HERRING	BEEF JERKEY
NUTS/SEEDS/BEANS	
NUTS (6-16 oz of each of at least 3 of your favorite: almonds, brazil nuts, cashews, macadamia, pecans, walnuts) store in fridge for better flavor. Sprouted nuts or raw nuts are better than roasted. Avoid those in vegetable oils. Roasted in peanut or coconut oil is ok.	
SEEDS (2-16 oz of each: sunflower, pumpkin, sesame, chia, poppy) Sprouted or raw are better than roasted. Avoid those roasted in vegetable oils. Sprouted sunflower and pumpkin seed brands include: Go Raw (Costco, health food stores) and Living Intentions (health food stores)	
CANNED OR DRIED BEANS (i.e. pinto, black, kidney, garbanzo, your favorites) Note: Dried are recommended over canned as they can be sprouted	

EXTENDED SHELF LIFE STAPLES (page 3/3):

VINEGARS / SAUCES / CONDIMENTS
BALSAMIC or FLAVORED (i.e. cherry, red wine, infusions)
WHITE VINEGAR (i.e. apple cider, rice vinegar)
SOY SAUCE: naturally brewed (i.e. Kikkoman or Yamase)
TABASCO and/or HOT CHILE SAUCES
WORCHESTERHIRE SAUCE
KETCHUP (Trader Joe's has lowest sugar content)
MUSTARD (yellow and/or brown and/or Dijon)
MAYO (Toxic oil-free brand: Primal Kitchen, available online)
DRIED HERBS & SPICES
ALLSPICE, BASIL, CINNAMON, CHILE FLAKES, COREANDER, CUMIN, DRIED ORANGE PEEL, NUTMEG, ONION POWDER, OREGANO, PAPRIKA, PARSLEY, PEPPER, ROSEMARY, SALT (sea or Himalayan), THYME
HANDY SPICE BLENDS: BARBECUE, BUTTERMILK-RANCH DRESSING, CAJUN, CHILE POWDERS, CURRIES, ITALIAN, MEXICAN/TACO
STARCHY STAPLE FOODS
SPROUTED GRAIN BREAD (i.e. Ezekiel brand) or DENSE RYE (keep breads in freezer/fridge)
CORN MASA TORTILLAS (6 inch, store in freezer/fridge)
POTATOES (white or sweet) Don't buy too many!
CRACKERS (i.e water crackers or flax crackers, avoid those with hydrogenated oil or vegetable oils)

EXTENDED SHELF LIFE STAPLES (page 2/3):

<b>"EXOTICS"</b>
SEAWEEEDS: DULSE, WAKAME
PASTES: MISO, SHRIMP PASTE, THAI CHILI PASTES (RED, GREEN)
SAUCES: FISH, HOISEN, OYSTER
<b>BEVERAGES, TREATS, DESSERTS</b>
COFFEE & TEAS, DRIED HERBS FOR BREWING TEA (Peppermint, Chamomile, Lemon Balm)
WINE & SPIRITS: Red, white wines, Tequila, Vodka, Bourbon, Brandy, Whiskey
KOMBUCHA (GT Dave SYNERGY brand is low in sugar)
CHOCOLATE (70% cacao or more, avoid vegetable oils, cocoa butter is preferred)
DRIED FRUITS , CANDIED NUTS, HERBED NUTS
COCONUT FLAKES (unsweetened)
CACAO NIBS