

# The INTUITIVE **Fasting**



## Shopping Guide

This shopping guide is meant to be used for the 4-week meal plan in Intuitive Fasting.

Be sure to check what you already have on hand before you go shopping as you might have some ingredients already.

When following the meal plan, you may have leftovers after some meals and snacks. If this happens, you can freeze what is remaining..

Each week's shopping list is 2 pages. Be sure to look at the top left corner to ensure you are shipping for the correct week.

<b>PANTRY STAPLES</b>
Apple Cider Vinegar
Avocado Oil
Avocado Oil Cooking Spray
Coconut Oil
Extra-Virgin Olive Oil
Ghee
Toasted Sesame Oil
White Vinegar

<b>SPICES</b>
Cayenne Pepper
Chili Powder
Cumin
Curry Powder
Dill
Dried Tarragon
Ground Chipotle
Ground Coriander
Ground Ginger
Oregano
Pepper
Red Pepper Flakes
Sea Salt
Turmeric Powder

<b>BAKING</b>
Almond Extract
Almond Flour
Dark Chocolate, Unsweetened
Liquid Stevia
Vanilla Extract

<b>MISC.</b>
32 oz. Chicken or Vegetable Bone Broth

<b>MEAT + SEAFOOD</b>	<b>Amount</b>
Chicken Breasts Boneless, Skinless	4 - 4 oz.
Grass-Fed Sirloin	8 oz.
Halibut Steaks	2 - 4 oz.
Smoked Salmon	4 oz.
Tuna Fillet	8 oz.

<b>NUTS AND SEEDS</b>	<b>Amount</b>
Almonds, Sliced	1 oz.
Almonds, Whole	2 oz.
Cashews, Chopped	2 oz.
Chia Seeds	2 oz.
Hemp Seeds	2 oz.
Pecans, Chopped	2 oz.
Pine Nuts	1 oz.
Pistachios, Chopped	2 oz.
Pumpkin Seeds	3 oz.
Sunflower Seeds	4 oz.
Walnuts	2 oz.

<b>FREEZER</b>	<b>Amount</b>
Blueberries	4 oz.
Green Beans	8 oz.
Green Peas	10 oz.
Honeydew Melon	4 oz.

<b>CONDIMENTS</b>
Avocado Oil Mayonnaise
Coconut Aminos
Dijon Mustard
Hot Sauce
Whole Grain Mustard, No Sugar

<b>DAIRY + EGGS</b>	<b>Amount</b>
Chive Cream Cheese, Vegan	1 oz.
Cream Cheese, Vegan	4 oz.
Eggs	20
Feta Cheese, Vegan	2 oz.
Greek Yogurt, Unsweetened, Vegan	1 oz.
Mozzarella Cheese, Vegan	2 oz.
Non-Dairy Milk, Unsweetened	26 oz.
Ricotta Cheese, Vegan	4 oz.
Yogurt, Plain Vegan	24 oz.

<b>NON-PERISHABLES</b>	<b>Amount</b>
Almond Butter, Unsweetened	4 oz.
Coconut Wraps	4
Flaxseed Crackers	8
Hemp Protein Powder	3 oz.
Matcha Powder	1 oz.
Nutritional Yeast	1 oz.
Spirulina Powder	2 oz.

<b>CANS + JARS</b>	<b>Amount</b>
Capers	1 oz.
Coconut Milk, Full- Fat	2 - 15 oz. cans
Manzanilla (Spanish) Olives	2 oz.
Olives, Pitted	10 Olives
Pinto Beans	1 - 15 oz. can
Pumpkin Puree	1 - 15 oz. can
Roasted Red Peppers	1 oz.
Tomato Sauce, Organic	2 - 8 oz. cans

<b>PRODUCE</b>	<b>Amount</b>
Arugula	4 oz.
Asparagus Spears	8 oz.
Avocados	4
Baby Bok Choy	2 heads
Basil, Fresh	1 oz.
Blueberries	6 oz.
Broccoli	1 head
Brussel Sprouts, Shaved	16 oz.
Carrots	5
Cauliflower, Riced	16 oz.
Celery Stalks	2 Stalks
Chives, Fresh	1 oz.
Cilantro	2 bunches
Cucumber, Seedless	1
Cucumbers, Medium	4
Endive Leaves	4 oz.
Escarole	8 oz.
Garlic Bulb, Large	1
Ginger, Fresh	2 in. piece
Grape Tomatoes	24 oz.
Grapefruit	1
Green Beans, Whole	8 oz.
Green Cabbage	1
Jalapeño Pepper	3
Kale	5 oz
Lemons, Large	5
Limes	2
Mint Leaves, Fresh	1 oz.
Oregano, Fresh	1 oz.
Parsnip	1
Pepperoncini Peppers	3
Poblano Peppers	2
Portobello Mushrooms	4 caps
Radishes	7

<b>PRODUCE</b>	<b>Amount</b>
Raspberries	6 oz.
Red Bell Pepper	1
Red Cabbage	1
Red Onions	2
Spinach, Fresh	12 oz.
Strawberries	8 oz.
Sugar Snap Peas	8 oz.
Tomato, Large	1

<b>PANTRY STAPLES</b>
Apple Cider Vinegar
Avocado Oil
Balsamic Vinegar
Coconut Oil
Extra-Virgin Olive Oil
Ghee
Toasted Sesame Oil

<b>SPICES</b>
Allspice
Caraway Seeds
Cayenne Pepper
Cinnamon
Cumin
Dill
Fennel Seeds, Dried
Ground Chipotle
Pepper
Red Pepper Flakes
Sea Salt
Smoked Paprika

<b>BAKING</b>
Liquid Stevia
Vanilla Extract

<b>MISC.</b>
8 oz. Tempeh
24 oz. Vegetable Broth

<b>MEAT + SEAFOOD</b>	<b>Amount</b>
Chicken Breasts, Boneless, Skinless	2 - 4 oz
Grass-Fed Sirloin	8 oz.
Sea Scallops	12 oz.
Shrimp, Peeled, Raw	6 oz.
Smoked Salmon or Lox	2 oz.

<b>NUTS AND SEEDS</b>	<b>Amount</b>
Almonds, Sliced	4 oz.
Chia Seeds	1 oz.
Hemp Seeds	2 oz.
Pecans, Chopped	2 oz.
Pine Nuts	4 oz.
Sesame Seeds	1 oz.
Walnuts	4 oz.

<b>FREEZER</b>	<b>Amount</b>
Blueberries	8 oz.
Carrot Veggie Spirals	12 oz.
Green Peas	4 oz.
Raspberries	8 oz.
Strawberries	8 oz.

<b>CONDIMENTS</b>
Avocado Oil Mayonnaise
Coconut Aminos
Dijon Mustard
Hot Sauce

<b>DAIRY + EGGS</b>	<b>Amount</b>
Almond Milk, Unsweetened	24 oz.
Cream Cheese, Vegan	8 oz.
Eggs	12
Feta Cheese, Vegan	2 oz.
Greek Yogurt, Unsweetened Vegan	18 oz.
Mozzarella Cheese, Vegan	1 oz.

<b>NON-PERISHABLES</b>	<b>Amount</b>
Almond Butter, Unsweetened	5 oz.
Chickpea Penne Pasta	8 oz.
Hemp Protein Powder	3 oz.
Lentils, Dried	2 oz.
Nutritional Yeast	1 oz.
Red Wine, Organic	3 oz.
Sea Salt Flaxseed Crackers	8
Spirulina Powder	1 oz.

<b>CANS + JARS</b>	<b>Amount</b>
Anchovies	1 oz.
Capers	1 oz.
Coconut Milk, Full Fat	1 - 15 oz. can
Kidney Beans, Organic	1 - 15 oz. can
Wild Albacore Tuna	1 - 15 oz. can

PRODUCE	Amount
Avocados	4
Basil, Fresh	1 oz.
Bean Sprouts	4 oz.
Beets	10 oz.
Bok Choy	1 head
Carrots, Large	6
Celery Stalks	2 Stalks
Cilantro, Fresh	3 oz.
Cucumber, Medium	1
Dill, Fresh	1 oz.
Endive Leaves	4 oz.
Garlic	1 head
Ginger Root, Fresh	1.5 in. piece
Grape Tomatoes	4 oz.
Green Onions	3
Jicama	1 whole <b>or</b> 8 oz sliced
Kale	2 oz.
Lemons, Large	4
Limes	3
Mint, Fresh	1.5 oz.
Mushrooms, Sliced	8 oz.
Orange	1
Parsley, Fresh	1.5 oz.
Pineapple, Fresh Chopped	4 oz.
Plum Tomato	1
Poblano Chili Pepper, Medium	1
Radishes	5
Red Bell Pepper, Large	2
Red Onions, Medium	3
Romaine Lettuce, Shredded	6 oz.
Shallots, Medium	2
Snow Peas	4 oz.

PRODUCE	Amount
Sliced Cremini Mushrooms	4 oz.
Spinach	8 oz.
Sweet Potato, Medium	1
Tarragon, Fresh	1 oz.
Tomato, Large	1
Zucchini Noodles	12 oz. (pre-spiraled <b>or</b> 2 large zucchini)

<b>PANTRY STAPLES</b>
Apple Cider Vinegar
Avocado Oil
Balsamic Vinegar
Coconut Oil
Extra-Virgin Olive Oil
Ghee
Toasted Sesame Oil

<b>SPICES</b>
Black Pepper
Cinnamon
Cumin
Oregano
Red Pepper Flakes
Rosemary
Sea Salt
Smoked Paprika
Tarragon, Dried
Thyme

<b>BAKING</b>
Cocoa, Unsweetened
Coconut Flakes, Dried Unsweetened
Liquid Stevia
Vanilla Extract

<b>MISC.</b>
28 oz. Chicken Bone Broth

<b>MEAT + SEAFOOD</b>	<b>Amount</b>
Beef Steak, Boneless	8 oz.
Chicken Thighs, Boneless, Skinless	3 - 4 oz.
Cod Fillets	8 oz.
Salmon Fillet, Fresh, Skinless	8 oz.
Shrimp, Raw Peeled	10 oz.
Sirloin, Ground	8 oz.

<b>NUTS AND SEEDS</b>	<b>Amount</b>
Almonds	4 oz.
Cashews	2 oz.
Chia Seeds	1 oz.
Hemp Seeds	1 oz.
Pine Nuts	1 oz.
Pumpkin Seeds	1 oz.
Sesame Seeds	1 oz.
Sunflower Seeds	1 oz.

<b>FREEZER</b>	<b>Amount</b>
Blueberries	8 oz.
Riced Cauliflower	10 oz.
Strawberries	40 oz.

<b>CONDIMENTS</b>
Avocado Oil Mayonnaise
Coconut Aminos
Hot Sauce
Whole Grain Mustard, No Sugar

<b>DAIRY + EGGS</b>	<b>Amount</b>
Almond Milk, Unsweetened	28 oz.
Chive Cream Cheese, Vegan	2 oz.
Eggs	17
Feta Cheese, Vegan	2 oz.
Greek Yogurt, Unsweetened, Vegan	10 oz.
Mozzarella Cheese, Vegan	2 oz.

<b>NON-PERISHABLES</b>	<b>Amount</b>
Sea Salt Flaxseed Crackers	16
Almond Butter, Unsweetened	4 oz.
Hemp Protein Powder	2 oz.
Matcha Powder	1 oz.
Red Wine, Organic	2 oz.
Sacha Inchi Wraps	2
Spirulina Powder	1 oz.

<b>CANS + JARS</b>	<b>Amount</b>
Diced Tomatoes	2 - 14.5 oz. cans
Artichoke Hearts, Quartered	1 - 14 oz. can
Coconut Milk, Full Fat	2 - 15 oz. cans
Salsa, Organic	4 oz.
Thai Roasted Red Chili Paste	1 oz.

PRODUCE	Amount
Arugula	1 oz.
Avocados	2
Baby Carrots	1 sm. package
Baby Spinach	3 oz.
Blackberries	2 oz.
Broccoli	1 head
Carrot, Large	1
Celery Stalks	3 stalks
Chives, Fresh, Chopped	1 tsps.
Cilantro, Fresh	3 oz.
Clementine, Large	1
Cremini Mushrooms	8 oz.
Cucumber	1
Eggplant	8 oz.
Garlic Bulb	1
Ginger, Fresh	1.5 inch piece
Grape Tomatoes	2 oz.
Green Bell Peppers	2
Green Onions	4
Honeydew Melon	1
Jalapeños	2
Kalamata Olives	30
Kiwi	1
Lemon, Large	1
Limes	3
Mint Leaves, Fresh	1 oz.
Orange	1
Parsley, Fresh	1 oz.
Plum Tomatoes	5
Poblano Chili Pepper	1
Raspberries	2 oz.
Red Bell Peppers	3

PRODUCE	Amount
Red Onion, Medium	2
Romaine Lettuce Leaves	4-6 Leaves
Spring Greens	2 oz.
Turnips, Medium	4
Zucchini, Large	1

<b>PANTRY STAPLES</b>	
Apple Cider Vinegar	
Avocado Oil	
Balsamic Vinegar	
Balsamic Vinegar, White	
Coconut Oil	
Extra-Virgin Olive Oil	
Flaxseed Oil	
Ghee	
Red Wine Vinegar	
Toasted Sesame Oil	

<b>SPICES</b>	
Black Pepper	
Cayenne Pepper	
Cumin	
Curry Powder	
Ground Allspice	
Red Pepper Flakes	
Rosemary	
Salt	
Smoked Paprika	
Turmeric	

<b>BAKING</b>	
Almond Flour	
Vanilla Extract	
Liquid Stevia	
Chocolate, Unsweetened	
Coconut Flakes, Dried Unsweetened	

<b>MISC.</b>	<b>Amount</b>
Natto	2 - 50 Gram Packets

<b>MEAT + SEAFOOD</b>	<b>Amount</b>
Catfish Fillets	8 oz.
Chicken Breasts, Boneless	2 - 4 oz.
Cod Fillets	2 - 4 oz.
Sirloin, Ground	8 oz.
Smoked Salmon or Lox	1 oz.
Trout Fillets, Skin On	2 - 6 oz.

<b>NUTS AND SEEDS</b>	<b>Amount</b>
Almonds, Chopped	1 oz.
Almonds, Slivered	3 oz.
Chia Seeds	1 oz.
Hemp Seeds	1.5 oz.
Peanuts	4 oz.
Pecans, Finely Chopped	1 oz.
Pine Nuts	1.5 oz.
Pistachio Nuts, Chopped	1 oz.
Pumpkin Seeds	4 oz.
Sesame Seeds	1 Tbsp
Walnuts, Chopped	1.5 oz.
Your Favorite Nuts	2 oz.

<b>FREEZER</b>	<b>Amount</b>
Blueberries	1 small package
Green Peas	4 oz.

<b>CONDIMENTS</b>	
Avocado Oil Mayonnaise	
Horseradish	
Dijon Mustard	
Coconut Aminos	
Wasabi Paste	
Hot Sauce	

<b>DAIRY + EGGS</b>	<b>Amount</b>
Eggs	13
Mozzarella Cheese, Vegan	2 oz.
Cream Cheese, Plain, Vegan	3 oz.
Yogurt, Plain, Vegan	2 oz.
Greek Yogurt, Unsweetened Vegan	1 oz.
Almond Milk, Unsweetened	14 oz.

<b>NON-PERISHABLES</b>	<b>Amount</b>
Almond Butter, Unsweetened	4 oz.
Coconut Wraps	4
Flaxseed Crackers	8
Hemp Protein Powder	3 oz.
Lentil Rotini	1 box
Matcha Powder	1 oz.
Nutritional Yeast	1 oz.
Rice, Short-Grain, White	1 pack
Spirulina Powder	2 oz.

<b>CANS + JARS</b>	<b>Amount</b>
Wild Albacore Tuna	2 - 5 oz. cans
Artichoke Hearts, Quartered	1 - 14 oz. can
Capers	1 oz.
Chickpeas, Organic	1 - 8 oz. can
Coconut Milk, Full Fat	3 - 15oz. cans
Kidney Beans, Organic	1 - 15 oz. can
Manzanilla (Spanish) Olives	2 oz.
Pitted Olives	10 olives
Water Chestnuts, Sliced	1 - 8 oz. can



PRODUCE	Amount
Arugula	5 oz.
Asparagus	1 bunch
Avocados	4
Baby Kale Mix	6 oz.
Baby Spinach	5 oz.
Basil, Fresh	1 oz.
Bibb Lettuce	12 leaves
Broccoli	3 heads
Broccolini	8 oz.
Carrots, Large	3
Carrots, Matchstick	1 - 10 oz. bag
Cauliflower, Large	1 head
Celery Stalks	3 stalks
Cilantro, Fresh	5 oz.
Clementine, Large	1
Cucumber, Medium	4
Dill, Fresh	½ oz.
Ginger, Fresh	3 inch piece
Garlic	2 bulbs
Grape Tomatoes	10 oz.
Grapefruit, Pink	1
Green Bell Peppers	3
Green Onions	6
Lemons, Large	5
Limes	4
Mint, Fresh	1 oz.
Mixed Berries	1 cup
Mushrooms, Sliced	6 oz.
Onions	2
Parsley, Fresh	4 oz.
Pineapple, Fresh Chopped	4 oz.
Poblano Chile Peppers	2
Portobello Mushroom Caps	12 oz.
Radishes	3

PRODUCE	Amount
Red Bell Pepper	2
Red Onion	1
Romaine Lettuce	1 head
Sage Leaves	1 small bunch
Shallot, Medium	1
Squash, Crookneck	2
Strawberries	1 small package
Sugar Snap Peas	8 oz.
Sweet Potatoes, Medium	2
Tomatoes, Small	2
Zucchini	1