

Meat:

1 pound organic boneless, skinless chicken thighs or breasts
 1 lb raw shrimp
 2, 6 oz boneless salmon fillets

Vegetables/Fruits:

1 bell pepper (any color) seeded and sliced thin
 6 cloves garlic, minced
 3 cups arugula
 ~9 radishes, thinly sliced
 2 cups fresh cilantro, chopped
 5 avocados
 Juice of 5 limes
 4 medium sweet potatoes, scrubbed and dried
 1/2 small red onion, diced
 1/2 cup corn kernels
 2 jalapeños, seeded and diced
 2 collard leaves
 10 asparagus spears, roasted or raw
 1/2 cup cucumber, peeled and sliced into short thin strips
 1-2 carrots, peeled and sliced into short thin strips
 1/2 cup zucchini, sliced into short thin strips
 1/2 cup red cabbage, sliced thin + 4-5 green cabbage leaves, sliced
 micro greens, sprouts or baby greens
 1 1/2 pounds fingerling potatoes (or small yukon gold/red)
 2 small-to-medium shallots, diced
 1/4 cup loosely packed fresh dill, de-stemmed
 1/2 cup fresh raspberries (or any other fresh fruit such as red grapes or strawberries)
 1/2 cup banana, well-mashed (about 1/2 large banana)

Spices:

Sea salt
 Black pepper
 2 teaspoons garlic powder
 1 teaspoon paprika
 2.5 teaspoons cumin
 1 tsp chili powder
 2 teaspoons cinnamon
 1/4 teaspoon ginger
 1 teaspoon baking powder
 1/4 tsp vanilla extract (optional)

Oil/condiments:

5 tablespoons coconut oil
 7-9 tablespoon extra-virgin olive oil
 1/4 cup olive oil mayonnaise
 Honey or pure maple syrup
 1 teaspoon rice wine vinegar
 1 tablespoon refined avocado oil (or other cooking oil)
 1 1/2 - 2 1/2 tablespoons lemon juice

Misc:

14 corn tortillas
 1 cup canned black beans, rinsed and drained
 2-3 chipotle peppers from a canned chipotle in adobo
 1/2 cup hummus
 2 1/2 cup old fashioned oats
 Non-dairy milk of your choice
 1 tbsp chia seeds (optional but recommended!)
 1-2 tbsp nut butter (depending on how nutty you want it, or you could save some for a topping)
 1/2 cup almond meal
 2 tablespoons sesame seeds or flax seeds
 1 organic egg
 3/4 cup chopped dried figs (though you can use any dried, unsweetened fruit)
 1/2 cup raw walnuts, chopped (or try pecans, pistachios, whatever you prefer!)