

## Bone Broth Diet Week 3 Shopping List + Meal Plan

*(Excludes Ingredients for Bone Broth)*

### Shopping List

#### MEAT + EGGS

4 cooked boneless, skinless chicken breasts  
4 raw chicken breasts or chicken thighs  
1 1/4 pounds ground turkey  
11 eggs

#### VEGGIES + FRUIT

2 packages of mushrooms  
1 1/4 cup cherry tomatoes  
2-3 red small red onions  
6 kalamata olives  
2 1/2 cups spinach  
4 celery ribs  
1 red, yellow or orange bell pepper  
1 medium jicama  
1 carrot  
2 heads romaine lettuce  
2 limes  
1 pound salmon fillet  
4 lemons  
1/2 cup flat leaf parsley  
4 portobello mushrooms  
3 garlic cloves  
4 leeks  
1/2 cup Pacific Organic Bone Broth

#### OTHER

ghee or coconut oil  
Italian seasoning (use Herbs de Provence)  
garlic powder  
sea salt  
lemon juice or vinegar (white, red or balsamic)  
ground black pepper  
1 container Pacific Organic bone broth (for chilli)  
avocado oil  
cumin  
paprika  
cinnamon  
coriander (optional)

### Meal Plan

#### BREAKFAST

Mediterranean Scramble pg. 113 (made two batches and added an extra egg to each batch along with extra veggies to get 5 days)  
Handful Blueberries

**Note:** You will eat this breakfast 5 days and do a bone both fast 2 days.

#### LUNCH

*Alternate between:*

Chicken Salad with Crunch (dressing of choice, my favorite is olive oil with either lemon juice or red wine vinegar) pg. 129

Jicama with Lime and Sea Salt (recipe on next page)

Roasted Salmon Gremolata pg. 151

Arugula with Lemon and Avocado Oil recipe on next page) This is my favorite simple and easy to throw together salad. You can serve this salmon with whatever green salad you prefer.

**Note:** You will eat Chicken Salad with Crunch for 3 days and Roasted Salmon Gremolata + Arugula with Lemon and Avocado Oil for 2 days and do a bone broth fast 2 days.

#### DINNER

*Alternate between:*

Braised Chicken with Leeks and Mushrooms pg. 128 (I use chicken breasts instead of thighs)

Roasted Cauliflower (recipe on next page)

Middle Eastern Meatballs pg. 136 (turned into burgers, instead of meatballs make 4 burger patties)

Roasted Portobello Burger "Buns" pg. 187

**Note:** You will eat Braised Chicken with Leeks and Mushrooms + Roasted Cauliflower 3 days and Middle Eastern Meatballs + Roasted Portobello Burner "Buns" 2 days and do a bone broth fast 2 days.

## **Jicama with Lime and Sea Salt:**

1. Reserve jicama when you prep your Chicken Salad with Crunch and cut into strips.
2. Squeeze fresh lime juice over the top and sprinkle with sea salt.

*Note: Jicama keeps well in the refrigerator so can cut it all when you prep for the week and place in an airtight container.*

## **Arugula with Lemon and Avocado Oil:**

1. Plate 1 1/2 cups of arugula and drizzle with fresh squeezed lemon juice, avocado oil and a sprinkling of sea salt.

## **Roasted Cauliflower:**

1. Preheat oven to 425 degrees.
2. Chop cauliflower into desired size pieces.
3. Toss in avocado oil and sprinkle with sea salt and ground pepper.
4. Bake for 20 min until golden. Toss multiple times during cooking.

**A Note On Servings:** The recipes in the book are more than you will need for one week if you are prepping these meals just for yourself. Also, keep in mind you will have 2 fast days so you only really need 5 days worth of meals. To keep things simple I typically batch cook and then alternate between two or three recipes for lunch and dinner each week. Most weeks I make only one recipe for breakfast and eat it every day. I recommend freezing all unused servings for future meals during upcoming weeks.

**Food Prep Is Key:** I like to do the majority of my chopping and cooking on Sunday night. This sets me up for success on Monday. For example, on Sunday night I cleaned and chopped all the veggie needed for the week. Many of the recipes in the book make more servings than you will need in a week. I freeze all extra servings to be used during following weeks.

**In Addition:** Every morning I have warm water with juice from 1 lemon, 1/4 tsp turmeric and 1 scoop of Vital Proteins Collagen.

**Bone Broth Brands:** I am using Epic for fast days and my daily bone broth snack and Pacific Organic bone broth when it is needed in a recipe. If you are looking to buy bone broth but want a more affordable option Pacific brand is a great! My suggestion would be to add additional herbs or flavors to make it more exciting. You could even follow the gourmet bone broth recipes in the book and use the plain bone broth as your base. Remember home made is always best!

I hope you enjoy this guide for week 3. Please reference the book for all details. I am doing this as a way to share my experience on the plan and to help if feel less overwhelming.