

Bone Broth Diet Week 2 Shopping List + Meal Plan

(Excludes Ingredients for Bone Broth)

Shopping List

MEAT

3 lbs organic ground turkey
2 lbs grass fed ground beef
2 wild caught salmon fillets
2 lbs lean beef

VEGGIES + FRUIT

4 onion
1 bunch parsley
5 red bell peppers
4 orange or yellow bell peppers
1 bunch endive
1 container spinach
1 container mushrooms
1 bag baby carrots
1 container snap peas
1 shallot
garlic
1 head broccoli
1 head cauliflower
2 apples
2 oranges
1 bag lemons

OTHER

pastured eggs
Italian seasoning (use Herbs de Provence)
coconut oil
sea salt
turmeric
garlic powder
black pepper
olive oil
Dijon mustard
marjoram
dried oregano
kalamata olives
1 jar roasted red peppers
Herbs de Provence
cinnamon
3 containers Pacific Organic bone broth (need 12 cups for Italian Wedding Soup)
apple cider vinegar
cumin
avocado oil

Meal Plan

BREAKFAST

Sausage And Apple Frittata pg. 115 (made two batches)

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

LUNCH

Alternate between:

Italian Wedding Soup pg. 163

Spinach with Mushroom, Carrots and Snap Peas (recipe on next page)

Dressing: French Vinaigrette pg. 199

Greek-Style Beef or Bison Burgers pg. 148

Spinach with Mushroom, Carrots and Snap Peas (recipe on next page)

Dressing: French Vinaigrette pg. 199

Note: You will eat Italian Wedding Soup and Spinach Salad 3 days and Greek-Style Beef or Bison Burgers 2 days and do a bone broth fast 2 days.

DINNER

Alternate between:

Fiesta Beef Fajitas pg. 126

Wilted Spinach with Garlic (recipe on next page)

Baked Salmon with Roasted Turmeric Broccoli + Cauliflower (recipe on next page)

Note: You will eat Fiesta Beef Fajitas 3 times and Baked Salmon with Roasted Broccoli and Cauliflower 2 times and do a Bone Broth Fast 2 times.

Spinach with Mushroom, Carrots and Snap Peas:

1. Clean and slice mushrooms.
2. To assemble plate spinach and top with sliced mushrooms, baby carrots and snap peas.
3. Drizzle with French Vinaigrette.

Wilted Spinach with Garlic:

1. Chop 1 garlic clove.
2. Heat 1/2 tsp avocado oil in a pan.
3. Add garlic and sauté until just soft.
4. Add 2 cups of spinach and sauté until just wilted.

Baked Salmon with Roasted Turmeric Broccoli + Cauliflower:

1. Preheat oven to 450 degrees.
2. Wash and chop broccoli and cauliflower. Lay on a baking sheet and drizzle avocado oil over the top. Use hands to mix and coat florets. Sprinkle with sea salt and turmeric. Put in oven and mix a few times during cooking.
3. While veggies start to cook prep salmon by laying it on a parchment lined baking sheet. Brush with a little avocado oil and sprinkle with a little sea salt.
4. Bake the salmon for 10-15 min or until cooked all the way through. Broccoli and cauliflower should be nicely browned by the time the salmon is finished.

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: On Sunday make the Frittata and Italian Wedding Soup and chop all needed veggies for the week.

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 2. 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.