

CONTENTS

NEW THIS WEEK

ASIAN VINAIGRETTE	4
ON-THE-GO SALAD	5
PINEAPPLE CHICKEN SKEWERS	6

BREAKFAST RECIPES

AUTUMN'S BANANA APPLE MUFFINS	7
AUTUMN'S BROCCOLI CRUST BREAKFAST PIZZA	8
BANANA OAT PANCAKES	9
BROCCOLI CRUST BREAKFAST PIZZA	10
BROWN RICE PORRIDGE	11
CREAMY QUINOA PORRIDGE	12
FRENCH TOAST WITH STRAWBERRY TOPPING	13
GLUTEN-FREE WAFFLES	14
PALEO BAKED EGG IN AVOCADO	15
SOUTHERN SPICED FRENCH TOAST WITH BANANAS AND PECANS	16
VEGAN ORANGE CHERRY MUFFINS	17
ZUCCHINI BREAD	18

ENTRÉE RECIPES

AHI AND AVOCADO QUINOA SUSHI	19
CALABRESE CHICKEN	20
CHEESEBURGER WITH EGGPLANT BUN	21
CHICKEN ENCHILADAS	22
CHICKEN MOLE	23
CHICKEN PARMESAN	24
CHICKEN STUFFED BELL PEPPERS	25
CIOPPINO	26
CRÊPES YOUR WAY	27
EASY PUMPKIN RAVIOLI	28
FIXATE VEGAN KALE NACHOS	29

ENTRÉE RECIPES (cont.)

FIX-ED GRILLED CHEESE	30
FRITTATA	31
GLUTEN-FREE FRESH BREAD	32
GLUTEN-FREE PEPPERONI PIZZA	33
GRILLED BEET STEAK	34
HEALTHY BELLY BOWL	35
HERB-CRUSTED BEEF TENDERLOIN (WITH HORSERADISH CREAM SAUCE)	36
ITALIAN MEATBALLS	37
ITALIAN WEDDING SOUP	38
KID-FRIENDLY KALE NACHOS	39
LEMON DIJON SALAD DRESSING	40
LEMON GARLIC SAUCE	41
LOW-CARB JAPANESE NOODLE BOWL	42
MACARONI AND CHEESE WITH BROCCOLI AND CHICKEN	43
MEXICAN CHICKEN TORTILLA SOUP	44
MUST-HAVE MEATLOAF	45
NO FUSS FISH & VEGGIES	46
ONE POT BEAN AND SAUSAGE STEW	47
OVEN-FRIED CHICKEN	48
OVEN-FRIED CHICKEN AND GLUTEN-FREE WAFFLES	49
PALEO TUNA SALAD WRAP	50
PINEAPPLE FRIED RICE	51
POACHED EGGS WITH ASPARAGUS TOAST	52
PUMPKIN PIE ENERGY BITES	53
QUINOA TABOULI BOWL	54
SLOW COOKED CHICKEN IN WINE SAUCE	55
SWEET POTATO RICOTTA GNUDI IN PUMPKIN SAUCE	56

CONTENTS

ENTRÉE RECIPES (cont.)

TOASTED KALE SALAD WITH LEMON DIJON SALAD DRESSING	57
TURKEY CHILI	58
TURKEY SLOPPY JOES	59
VEGETARIAN PORTOBELLO SLIDERS	60
WASABI CREAM CHEESE SALMON BURGERS	61
WHOLE-GRAIN STUFFED TURKEY	62
ZUCCHINI NOODLE LASAGNA	63

SIDES & SNACK RECIPES

AUTUMN'S AHI BRUSCHETTA	64
BERRY QUINOA PARFAIT	65
CARAMELIZED PEARL ONIONS	66
CHEESY CAULIFLOWER BREADSTICKS WITH FIXATE MARINARA	67
CHEWY WHOLE-GRAIN BARS	68
CHICKEN PEPPERONI CRUMBLES	69
CLOUD BREAD	70
CREAMY CAULIFLOWER MASH	71
CUCUMBER HUMMUS ROLL-UPS	72
DEVILED EGGS THREE WAYS	73
FIXATE BREAKFAST SAUSAGE	74
GREEN BEAN CASSEROLE	75
GUACAMOLE	76
HONEY-ROASTED CARROTS AND BEETS	77
LOADED SWEET POTATO SKINS	78
MAPLE GLAZED BRUSSELS SPROUTS	79
MEXICAN STREET CORN (ELOTE)	80
PIÑA COLADA FRUIT AND YOGURT SALAD	81
PIÑA COLADA YOGURT	82
PROTEIN-PACKED RANCH DIP	83

SIDES & SNACK RECIPES (cont.)

RED BEANS AND RICE	84
SAUTÉED BROCCOLI RABE	85
SMOKY BAKED BEANS	86
SWEET POTATO CASSEROLE	87
WHOLE-GRAIN STUFFING	88

SALAD & SOUP RECIPES

BONE BROTH	89
COCONUT CURRY PUMPKIN SOUP	90
CREAMY TOMATO SOUP	91
DILL CUCUMBER SALAD	92
HEARTY WINTER SALAD	93
ORANGE AND FENNEL SALAD WITH KALAMATA OLIVES	94
QUINOA AND BLACK BEAN SALAD	95
SPRING VEGGIE ORZO SALAD	96
SUMMER TOMATO SALAD	97
THAI CHICKEN SALAD	98
TUSCAN BEAN SALAD	99

SAUCE & DRESSING RECIPES

CRANBERRY SAUCE	100
CREAMY RASPBERRY VINAIGRETTE	101
EASY BLENDER HOLLANDAISE	102
FIXATE GRAVY	103
FIXATE KETCHUP	104
FIXATE MARINARA	105
FIXATE MAYONNAISE	106
FIXATE PESTO	107
FIXATE TACO SEASONING	108

CONTENTS

SAUCE & DRESSING RECIPES (cont.)

FIXATE VEGAN CARAMEL SAUCE	109
FIXATE VEGAN NACHO "CHEESE" DIP	110
GRANDMA'S TOMATO SAUCE	111
HONEY SYRUP	112
ROSEMARY BLUE CHEESE DRESSING	113
SESAME INFUSION	114
STRAWBERRY TOPPING	115
THAI SALAD DRESSING	116

DESSERT & COCKTAIL RECIPES

AUTUMN'S FAVORITE SKINNY CUCUMBER COCKTAIL	117
BANANA PEANUT BUTTER CHOCOLATE CHUNK ICE CREAM	118
CANDY CANE MARTINI	119
CANDY CORN PARFAIT	120
CARAMEL APPLE COCKTAIL	121
DECEPTIVELY DEVINE RED VELVET CUPCAKES	122
DOUBLE CHOCOLATE COOKIES	123
EASY BAKED APPLE CRISP	124
ELDERFLOWER MERINGUE COCKTAIL	125
FLOURLESS CHOCOLATE CHICKPEA BROWNIES	126
GOOEY PEANUT BUTTER CUPCAKES	127
GRILLED PEACHES WITH MASCARPONE	128
PEANUT BUTTER CHOCOLATE BALLS	129
PEANUT BUTTER OATMEAL BARS	130
PEANUTTY PEANUT BUTTER SQUARES	131
PUMPKIN WHOOPIE PIES	132
VANILLA CAKE WITH CHOCOLATE FROSTING	133

SHAKEOLOGY RECIPES

CHOCOLATE HAZELNUT SHAKEOLOGY	134
MEXICAN DRINKING CHOCOLATE SHAKEOLOGY	135
SHAKEOLOGY YOGURT PUDDING	136

GROCERY LIST: ASIAN VINAIGRETTE

VEGGIES

- 1 ginger root, fresh

ESSENTIALS

- 1 bottle raw honey
- 1 bottle sesame oil, toasted
- 1 bottle tamari soy sauce, reduced-sodium
- 1 bottle rice vinegar

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **PF** icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

GROCERY LIST: ON-THE-GO SALAD

VEGGIES

- 1 bag arugula, fresh
- 1 carrot, medium
- 1 bag baby spinach, fresh
- 1 bag snap peas, fresh (or sugar snap peas)

ESSENTIALS

- 1 jar sesame seeds

Pineapple Chicken Skewers

(see separate grocery list for **Pineapple Chicken Skewers**)

Asian Vinaigrette

(see separate grocery list for **Asian Vinaigrette**)

GROCERY LIST: PINEAPPLE CHICKEN SKEWERS

VEGGIES

- 1 red bell pepper, medium
- 1 ginger root, fresh
- 1 red onion, large

PROTEINS

- 1 lb. raw chicken breast, boneless, skinless

ESSENTIALS

- 1 bottle sesame oil
- 1 (8-oz.) can pineapple chunks in juice
- 1 bottle tamari soy sauce, reduced-sodium

BAKING SUPPLIES

- 8 bamboo skewers
- 1 can nonstick cooking spray

GROCERY LIST: AUTUMN'S BANANA APPLE MUFFINS

FRUIT

- 1 apple, medium
- 2 bananas, medium, ripe

DAIRY

- 1 stick butter, unsalted, grass-fed organic

PROTEINS

- 2 large eggs

ESSENTIALS

- 1 can baking soda, gluten-free
- 1 bag almond flour
- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 package muffin papers/cupcake liners
- 1 can nonstick cooking spray

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GROCERY LIST: AUTUMN'S BROCCOLI CRUST BREAKFAST PIZZA

VEGGIES

- 1 bunch basil leaves, fresh
- 8 oz. broccoli florets
- 1 garlic bulb
- 1 oz. mushrooms, sliced
- 1 red bell pepper, medium

DAIRY

- 3 oz. mozzarella cheese, part-skim, low-moisture
- 1 oz. Parmesan cheese

PROTEINS

- 4 large eggs

ESSENTIALS

- 1 bottle extra-virgin olive oil
- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 roll parchment paper
- 1 can nonstick cooking spray
- 1 piece cheesecloth

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GROCERY LIST: BANANA OAT PANCAKES

FRUIT

- 1 banana, large, ripe
- 1 (6-oz.) container blackberries, fresh (or other berry of your choice)
- 1 (6-oz.) container blueberries, fresh (or other berry of your choice)
- 1 (6-oz.) container raspberries, fresh (or other berry of your choice)

GRAINS

- 1 container old-fashioned rolled oats, gluten-free (approx. 6 oz.)

PROTEINS

- 2 large eggs

ESSENTIALS

- 1 container unsweetened almond milk
- 1 can baking powder, gluten-free
- 1 jar cinnamon, ground
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 can coconut oil cooking spray

VEGGIES

- 1 bunch basil leaves, fresh
- 8 oz. broccoli florets
- 1 garlic bulb

DAIRY

- 3 oz. mozzarella cheese, part-skim, low-moisture
- 1 oz. Parmesan cheese

PROTEINS

- 4 large eggs*

ESSENTIALS

- 1 bottle extra-virgin olive oil
- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 roll parchment paper
- 1 can nonstick cooking spray
- 1 piece cheesecloth

FIXATE Breakfast Sausage

(see separate grocery list for **FIXATE Breakfast Sausage**)

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GROCERY LIST: BROWN RICE PORRIDGE

GRAINS

- 4 oz. cooked brown rice (or 2 oz. dry brown rice)

NUTS/SEEDS

- 1 package chia seeds (approx. ½ oz.)
- 1 package raw sunflower seeds (approx. ½ oz.)

ESSENTIALS

- 1 container unsweetened almond milk
- 1 container unsweetened cocoa powder
- 1 jar cardamom, ground
- 1 jar cinnamon, ground
- 1 package unsweetened coconut, shredded (approx. ½ oz.)
- 1 jar pickled ginger (or fresh pickled ginger) (approx. ½ oz.)
- 1 bottle pure maple syrup
- 1 jar sea salt (or Himalayan salt)

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Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

GROCERY LIST: CREAMY QUINOA PORRIDGE

FRUIT

- 2 boxes fresh strawberries (approx. 10 oz.)
- 2 boxes fresh blueberries (approx. 8 oz.)

VEGGIES

- 1 ginger root, fresh (or 1 jar ginger, ground)

GRAINS

- 1 package red quinoa (approx. 7 oz.)

NUTS/SEEDS

- 1 package sliced raw almonds (approx. 1 oz.)

ESSENTIALS

- 1 container unsweetened almond milk
- 3 pods green cardamom (or 1 jar cardamom, ground)
- 1 cinnamon stick (or 1 jar cinnamon, ground)
- 1 package unsweetened coconut, shredded (approx. $\frac{3}{4}$ oz.)
- 1 box cornstarch, GMO-free
- 1 bottle raw honey
- 1 jar nutmeg, ground
- 1 package raisins, seedless (approx. 1½ oz.)
- 1 jar sea salt (or Himalayan salt)

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PROTEINS

- 4 large eggs

ESSENTIALS

- 1 box unsweetened almond milk
- 1 loaf sprouted whole-grain bread, low-sodium (like Ezekiel®)
- 1 jar cinnamon, ground
- 1 bottle pure maple syrup
- 1 jar sea salt (or Himalayan salt)

Strawberry Topping

(see separate grocery list for **Strawberry Topping**)

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GROCERY LIST: GLUTEN-FREE WAFFLES

NUTS/SEEDS

- 1 package ground flaxseed (approx. 1 oz.)

PROTEINS

- 4 large eggs (or ½ cup egg whites)

ESSENTIALS

- 1 container unsweetened almond milk
- 1 can baking powder, gluten-free
- 1 bag almond flour
- 1 bag coconut flour
- 1 bag coconut sugar
- 1 bag oat flour, gluten-free
- 1 jar coconut oil, extra-virgin organic
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 can nonstick cooking spray

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VEGGIES

- 2 avocados, medium
- 1 red bell pepper, small
- 1 container chives, fresh

PROTEIN

- 4 large eggs

ESSENTIALS

- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

SPECIAL EQUIPMENT

- 1 roll aluminum foil

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GROCERY LIST: SOUTHERN SPICED FRENCH TOAST WITH BANANAS AND PECANS



FRUIT

- 2 bananas, large

GRAINS

- 1 loaf whole-grain bread, low-sodium, sprouted (like Ezekiel[®])

NUTS/SEEDS

- 1 package raw pecans, chopped (approx. 1 oz.)

PROTEINS

- 4 large eggs

ESSENTIALS

- 1 container unsweetened almond milk
- 1 bottle pure maple syrup
- 1 jar pumpkin pie spice
- 1 jar coconut oil, extra-virgin organic

GROCERY LIST: VEGAN ORANGE CHERRY MUFFINS

FRUITS

- 1 banana, large, very ripe
- 6 oz. cherries, fresh
- 1 to 2 oranges, medium

NUTS/SEEDS

- 1 bag ground flaxseed
- 1 bag walnuts, raw, chopped

ESSENTIALS

- 1 jar all-natural peanut butter
- 1 bag all-purpose flour, gluten-free
- 1 bag almond flour
- 1 can baking powder
- 1 bottle extra-virgin organic coconut oil
- 1 bottle maple syrup, Grade B
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 can nonstick cooking spray

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GROCERY LIST: ZUCCHINI BREAD

VEGGIES

- 2 zucchini, medium

NUTS/SEEDS

- 1 package chopped raw walnuts (approx. 3 oz.)

PROTEINS

- 6 large eggs (or $\frac{3}{4}$ cup egg whites)

ESSENTIALS

- 1 jar unsweetened applesauce
- 1 can baking powder
- 1 can baking soda
- 1 jar cinnamon, ground
- 1 bag all-purpose flour
- 1 bag whole wheat flour
- 1 bag coconut sugar
- 1 jar coconut oil, extra-virgin organic
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 can nonstick cooking spray

VEGGIES

- 1 avocado, medium
- 1 garlic bulb
- 1 ginger root, fresh

GRAINS

- 6 oz. quinoa

NUTS/SEEDS

- 1 jar toasted sesame seeds

PROTEINS

- 10 oz. ahi tuna*

ESSENTIALS

- 1 bag coconut sugar
- 1 package nori seaweed sheets
- 1 jar pickled ginger
- 1 bottle rice vinegar, unseasoned
- 1 jar sea salt (or Himalayan salt)
- 1 bottle sesame oil
- 1 jar smoked paprika, ground
- 1 bottle tamari soy sauce, reduced-sodium
- 1 tube wasabi, prepared

Sesame Infusion

(see separate grocery list for **Sesame Infusion**)

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GROCERY LIST: CALABRESE CHICKEN

VEGGIES

- 1 container basil, fresh
- 1 tomato, large

DAIRY

- 1 package mozzarella cheese, fresh, part-skim (approx. 1 oz.)

PROTEINS

- 1 (4-oz.) raw chicken breast, boneless, skinless

ESSENTIALS

- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 bottle balsamic vinegar

FIXATE Pesto

(see separate grocery list for **FIXATE Pesto**)

GROCERY LIST: CHEESEBURGER WITH EGGPLANT BUN

VEGGIES

- 1 bell pepper, medium
- 1 eggplant, medium
- 1 onion, medium

DAIRY

- 1 package cheddar cheese slices (approx. 4 oz.)
- 1 jar ghee (organic grass-fed, if possible)

PROTEINS

- 1 lb. raw 92% lean ground beef

ESSENTIALS

- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 can olive oil cooking spray

GROCERY LIST: CHICKEN ENCHILADAS

VEGGIES

- 1 bulb garlic
- 1 jalapeño, medium (optional)
- 2 onions, medium

DAIRY

- 1 package cheddar-jack cheese (approx. 4 oz.)

GRAINS

- 1 package corn tortillas, 6-inch

PROTEINS

- 1 lb. cooked chicken breast, boneless, skinless

ESSENTIALS

- 1 container chicken broth, low-sodium, organic
- 1 box cornstarch (preferably GMO-free)
- 1 package gelatin, unflavored (preferably from grass-fed cows)
- 1 bottle olive oil
- 1 jar sea salt (or Himalayan salt)
- 1 (28-oz.) can all-natural tomato puree

FIXATE Taco Seasoning

(see separate grocery list for **FIXATE Taco Seasoning**)

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GROCERY LIST: CHICKEN MOLE

FRUIT

- 1 lime, medium

VEGGIES

- 1 garlic bulb
- 1 onion, medium
- 1 bunch cilantro, fresh (optional)

DAIRY

- 1 container ghee (organic grass-fed, if possible)

NUTS/SEEDS

- 1 package raw pumpkin seeds

PROTEINS

- 2 lbs. raw chicken breast, boneless, skinless

ESSENTIALS

- 1 dry ancho chile
- 1 dry guajillo chile
- 1 dry smoked pasilla chile
- 2 dry smoked pulla chiles
- 1 bottle beer, dark, Mexican (such as Negra Modelo®)
- 1 container chicken broth, low-sodium, organic
- 1 can chipotle chiles in adobo sauce
- 1½ oz. bittersweet (or dark) chocolate, 70% cocoa (or higher)
- 1 container espresso, ground
- 1 package gelatin, unflavored
- 1 jar raw honey
- 1 can tomatoes, whole, peeled
- 1 jar allspice, ground
- 1 jar black pepper, ground
- 1 jar cinnamon, ground
- 1 jar cloves, ground
- 1 jar coriander, ground
- 1 jar cumin, ground
- 1 jar nutmeg, ground
- 1 jar smoked paprika, ground
- 1 jar sea salt (or Himalayan salt)

GROCERY LIST: CHICKEN PARMESAN

VEGGIES

- 1 spaghetti squash, small

DAIRY

- 1 package mozzarella cheese (approx. 1 oz.)
- 1 package Parmesan cheese (approx. 1 oz.)

BAKING SUPPLIES

- 1 roll aluminum foil

Grandma's Tomato Sauce

(see separate grocery list for **Grandma's Tomato Sauce**)

Oven-Fried Chicken

(see separate grocery list for **Oven-Fried Chicken**)

GROCERY LIST: CHICKEN STUFFED BELL PEPPERS

FRUIT

- 1 lime, medium

VEGGIES

- 4 bell peppers, medium
- 1 bunch cilantro
- 1 bulb garlic
- 1 onion, medium

DAIRY

- 1 package Monterey jack cheese (approx. 4 oz.)

GRAINS

- 1 package dry quinoa (approx. 3 oz.)

PROTEINS

- 12 oz. raw chicken breast, boneless, skinless

ESSENTIALS

- 1 (15-oz.) can black beans
- 1 jar chili powder
- 1 (1 lb.) bag corn kernels, frozen
- 1 jar cumin, ground
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 bottle hot pepper sauce (optional)
- 1 jar sea salt (or Himalayan salt)
- 1 (8-oz.) can all-natural tomato sauce, no salt or sugar added

GROCERY LIST: CIOPPINO

VEGGIES

- 1 container basil, fresh
- 1 bulb fennel, medium
- 1 bulb garlic
- 1 onion, medium

PROTEINS

- 1 lb. raw clams, in shells
- 1 lb. raw blue mussels, in shells
- 1 lb. raw shrimp
- 1 lb. raw tilapia fillets

ESSENTIALS

- 1 jar bay leaves
- 2 containers (32-oz. each) seafood broth
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar white pepper, ground
- 1 (28-oz.) can tomatoes, whole, peeled (preferably San Marzano)
- 1 bottle white wine, dry

GROCERY LIST: CRÊPES YOUR WAY

PROTEINS

- 4 large eggs

ESSENTIALS

- 1 container unsweetened almond milk
- 1 bag coconut flour
- 1 jar sea salt (or Himalayan salt)
- 1 bag coconut sugar

BAKING SUPPLIES

- 1 can nonstick cooking spray

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GROCERY LIST: EASY PUMPKIN RAVIOLI

VEGGIES

- 1 container sage, fresh

DAIRY

- 1 stick butter, unsalted, grass-fed organic
- 1 piece Parmesan cheese with rind (approx. 4 oz.)
- 1 (8 oz.) container part-skim ricotta cheese

PROTEINS

- 1 large egg

ESSENTIALS

- 1 (16-fl. oz.) container vegetable broth, low-sodium, organic
- 1 bag whole wheat flour (approx. 1 oz.)
- 1 bottle raw honey
- 1 jar black pepper, ground
- 1 (15-oz.) can 100% pure pumpkin puree
- 1 jar sea salt (or Himalayan salt)
- 1 package wonton wrappers (24 count)

BAKING SUPPLIES

- 1 piece cheesecloth
- 1 roll kitchen string

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GROCERY LIST: FIXATE VEGAN KALE NACHOS

(WITH FIXATE TACO SEASONING AND FIXATE VEGAN NACHO “CHEESE” DIP)

FRUIT

- 1 lime, medium

VEGGIES

- 1 head cauliflower, medium (or 6 oz. cauliflower florets)
- 1 bunch cilantro, fresh
- 2 bunches kale leaves (12 oz.)
- 1 onion, medium
- 3 Roma tomatoes, medium

ESSENTIALS

- 1 (15-oz.) can black beans
- 1 bottle olive oil
- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 roll parchment paper
- 1 can nonstick cooking spray

FIXATE Taco Seasoning

(see separate grocery list for **FIXATE Taco Seasoning**)

FIXATE Vegan Nacho “Cheese” Dip

(see separate grocery list for **FIXATE Vegan Nacho “Cheese” Dip**)

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GROCERY LIST: FIX-ED GRILLED CHEESE

DAIRY

- 1 package Muenster cheese (approx. 2 oz.)
- 1 jar ghee (organic grass-fed, if possible)

GRAINS

- 1 loaf whole-grain bread, low-sodium, sprouted (like Ezekiel 4:9[®])

ESSENTIALS

- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: FRITTATA

VEGGIES

- 1 bunch parsley, flat leaf (Italian)

PROTEINS

- 12 large eggs

ESSENTIALS

- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 can nonstick cooking spray

Chicken Stuffed Bell Peppers

(see separate grocery list for **Chicken Stuffed Bell Peppers**)

GROCERY LIST: GLUTEN-FREE FRESH BREAD

PROTEINS

- 2 large eggs

ESSENTIALS

- 1 bag all-purpose flour, gluten-free
- 1 container xanthan gum (approx. ½ oz.)
- 1 jar sea salt (or Himalayan salt)
- 1 bottle apple cider vinegar
- 1 package yeast, instant

BAKING SUPPLIES

- 1 can nonstick cooking spray

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GROCERY LIST: GLUTEN-FREE PEPPERONI PIZZA

DAIRY

- 1 package part-skim mozzarella cheese (approx. 2 oz.)

BAKING SUPPLIES

- 1 roll parchment paper

Chicken Pepperoni Crumbles

(see separate grocery list for *Chicken Pepperoni Crumbles*)

FIXATE Marinara

(see separate grocery list for *FIXATE Marinara*)

Gluten-Free Fresh Bread

(see separate grocery list for *Gluten-Free Fresh Bread*)

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GROCERY LIST: GRILLED BEET STEAK

VEGGIES

- 2 beets, large (approx. 5 inches in diameter)
- 1 container herbs, fresh (like thyme and/or rosemary)

DAIRY

- 1 jar ghee (organic grass-fed, if possible)

ESSENTIALS

- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

Easy Blender Hollandaise

(see separate grocery list for *Easy Blender Hollandaise*)

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GROCERY LIST: HEALTHY BELLY BOWL

FRUIT

- 1 lemon, medium

VEGGIES

- 1 avocado, medium
- 1 garlic bulb
- 1 bunch kale, fresh
- 1 bunch dandelion greens
- 1 container parsley, fresh
- 1 sweet potato, medium

GRAINS

- 1 package dry quinoa (approx. 2 oz.)

NUTS/SEEDS

- 1 package raw pumpkin seeds (pepitas) (approx. 1 oz.)

ESSENTIALS

- 1 bag coconut sugar
- 1 container kombu powder (optional)
- 1 bottle olive oil
- 1 container sauerkraut
- 1 jar sea salt (or Himalayan salt)
- 1 jar tahini paste
- 1 jar turmeric, ground

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VEGGIES

- 1 bulb garlic
- 1 bunch parsley
- 1 container rosemary, fresh
- 1 container thyme, fresh

DAIRY

- 1 tub crème fraîche
- 1 jar ghee (organic grass-fed if possible)

PROTEINS

- 1 (2 lb.) raw beef tenderloin, lean, center-cut

ESSENTIALS

- 1 jar black pepper, ground
- 1 jar horseradish, pure, prepared
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: ITALIAN MEATBALLS

VEGGIES

- 1 bulb garlic
- 1 onion, medium
- 1 bunch parsley

DAIRY

- 1 package Parmesan cheese (approx. 1 oz.)

PROTEINS

- 2 large eggs
- 1 lb. raw 93% lean ground turkey breast

ESSENTIALS

- 1 container unsweetened almond milk
- 1 box whole wheat panko bread crumbs
- 1 bottle olive oil
- 1 jar oregano leaves, dried
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 roll parchment paper
- 1 can nonstick cooking spray

GROCERY LIST: ITALIAN WEDDING SOUP

VEGGIES

- 1 bulb garlic
- 1 onion, medium
- 1 bunch greens, large (like spinach, Swiss chard, or escarole)

DAIRY

- 1 package Parmesan cheese (approx. 1 oz.)

PROTEINS

- 2 large eggs

ESSENTIALS

- 2 containers (32-oz. each) chicken broth, low-sodium, organic
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

Italian Meatballs

(see separate grocery list for *Italian Meatballs*)

FRUITS

- 1 lime, medium

VEGGIES

- 1 bunch cilantro, fresh
- 1 bunch kale, fresh
- 1 onion, medium
- 2 Roma tomatoes, medium

DAIRY

- 8 oz. cheddar cheese

PROTEINS

- 12 oz. extra-lean ground beef

ESSENTIALS

- 1 can black beans (15 oz.)
- 1 bottle olive oil
- 1 container sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 can nonstick cooking spray
- 1 roll parchment paper

FIXATE Taco Seasoning

(see separate grocery list for **FIXATE Taco Seasoning**)

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GROCERY LIST: LEMON DIJON SALAD DRESSING

FRUIT

- 2 lemons, medium

PROTEINS

- 1 large egg (or 1 egg yolk), pasteurized*

ESSENTIALS

- 1 jar Dijon mustard, gluten-free
- 1 bottle olive oil, extra-virgin
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

*Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs, or unpasteurized milk may increase your risk of foodborne illness.

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GROCERY LIST: LEMON GARLIC SAUCE

FRUIT

- 1 lemon, medium

VEGGIES

- 1 bulb garlic

PROTEINS

- 1 large egg (or 1 egg yolk), pasteurized*

ESSENTIALS

- 1 jar Dijon mustard, gluten-free
- 1 jar whole-grain mustard, gluten-free
- 1 bottle olive oil, extra-virgin
- 1 jar black pepper, ground (optional)
- 1 jar sea salt (or Himalayan salt) (optional)

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GROCERY LIST: LOW-CARB JAPANESE NOODLE BOWL

VEGGIES

- 6 oz. mixed vegetables, of your choice (approx. 1 cup)

NUTS/SEEDS

- 1 jar sesame seeds

PROTEINS

- 2 large eggs

ESSENTIALS

- 1 jar garlic powder
- 1 jar ginger, ground
- 1 bottle sesame oil
- 1 jar onion powder
- 1 (7-oz.) bag shirataki noodles
- 1 bag coconut sugar
- 1 bottle tamari soy sauce, reduced-sodium
- 1 bottle rice vinegar

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GROCERY LIST: MACARONI AND CHEESE WITH BROCCOLI AND CHICKEN



VEGGIES

- 1 lb. 8 oz. broccoli florets
- 1 bulb garlic

DAIRY

- 1 stick butter, grass-fed organic
- cheddar cheese, extra-sharp (approx. 5 oz.)

GRAINS

- 1 (1 lb.) package elbow macaroni, whole wheat

PROTEINS

- 1 lb. cooked chicken breast, boneless, skinless

ESSENTIALS

- 1 container unsweetened almond milk
- 1 bag flour, whole wheat
- 1 jar paprika, ground
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: MEXICAN CHICKEN TORTILLA SOUP

VEGGIES

- 1 avocado, medium
- 3 carrots, medium
- 1 bunch celery
- 1 bunch cilantro
- 1 bulb garlic
- 4 tomatoes, medium
- 1 onion, medium

DAIRY

- 1 package Cotija cheese (approx. 1 oz.)

GRAINS

- 1 package corn tortillas, 6-inch

PROTEINS

- 3 cups chopped cooked chicken breast, boneless, skinless

ESSENTIALS

- 2 containers (32-oz. each) chicken broth, low-sodium, organic
- 1 jar ancho chili powder
- 1 jar Mexican oregano leaves, dried
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 roll parchment paper

GROCERY LIST: MUST-HAVE MEATLOAF

VEGGIES

- 1 red bell pepper, medium
- 1 carrot, medium
- 1 bunch celery
- 1 bulb garlic
- 1 onion, medium
- 1 container thyme, fresh

PROTEINS

- 1 lb. 96% lean raw ground beef
- 1 large egg

ESSENTIALS

- 1 container beef broth, low-sodium, organic
- 1 box whole wheat panko bread crumbs
- 1 jar chili powder
- 1 package gelatin, unflavored (preferably from grass-fed cows)
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 (6-oz.) can all-natural tomato paste
- 1 bottle Worcestershire sauce

BAKING SUPPLIES

- 1 can nonstick cooking spray
- 1 roll parchment paper

FIXATE Ketchup

(see separate grocery list for **FIXATE Ketchup**)

GROCERY LIST: NO FUSS FISH & VEGGIES

FRUIT

- 1 lemon, medium

VEGGIES

- 1 bell pepper, medium*
- 1 container fresh herbs of your choice (like tarragon or dill)
- 1 bulb garlic
- 1 onion, medium*
- 1 tomato, medium*

PROTEINS

- 4 oz. raw cod

ESSENTIALS

- 1 jar coconut oil, extra-virgin organic (optional)
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 bottle dry white wine (like Pinot Grigio)

BAKING SUPPLIES

- 1 roll parchment paper

*or vegetables of your choice

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GROCERY LIST: ONE POT BEAN AND SAUSAGE STEW

VEGGIES

- 1 carrot, medium
- 1 bunch celery
- 1 bulb garlic
- 2 onions, medium
- 1 container parsley, fresh

PROTEINS

- 8 oz. chicken sausage links, reduced-fat (less than 8 grams of fat per sausage link)

ESSENTIALS

- 1 jar bay leaves
- 1 (15-oz.) can cannellini beans
- 1 (32-oz.) container chicken broth, low-sodium, organic
- 1 package gelatin, unflavored (preferably from grass-fed cows)
- 1 bottle olive oil
- 1 jar smoked paprika, ground
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: OVEN-FRIED CHICKEN

NUTS/SEEDS

- 1 package pine nuts (approx. 1 oz.)

DAIRY

- 1 container buttermilk, low-fat (1%)
- Parmesan cheese (approx. 1 oz.)

PROTEINS

- 1 large egg (or 2 Tbsp. egg whites)
- 4 (4-oz. each) raw chicken breasts, boneless, skinless

ESSENTIALS

- 1 can baking powder, gluten-free
- 1 box cornmeal
- 1 bag almond flour
- 1 bag coconut flour
- 1 jar garlic powder
- 1 jar onion powder
- 1 jar oregano leaves, dried
- 1 jar paprika, ground
- 1 jar black pepper, ground
- 1 jar cayenne pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 jar thyme leaves, dried

BAKING SUPPLIES

- 1 can olive oil cooking spray

GROCERY LIST: OVEN-FRIED CHICKEN AND GLUTEN-FREE WAFFLES

GF

ESSENTIALS

- 1 bottle pure maple syrup

Gluten-Free Waffles

(see separate grocery list for **Gluten-Free Waffles**)

Oven-Fried Chicken

(see separate grocery list for **Oven-Fried Chicken**)

GROCERY LIST: PALEO TUNA SALAD WRAP

FRUIT

- 1 lemon, medium

VEGGIES

- 1 bunch celery
- 1 bunch large collard greens (at least 4 leaves)
- 1 container dill, fresh
- 1 bunch green onions
- 1 red onion, medium

DAIRY

- 1 (4-oz.) container plain Greek yogurt, reduced-fat (2%)

PROTEIN

- 4 cans (5-oz. each) chunk light tuna, packed in water

ESSENTIALS

- 1 jar Dijon mustard
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

FIXATE Mayonnaise

(see separate grocery list for **FIXATE Mayonnaise**)

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GROCERY LIST: PINEAPPLE FRIED RICE

FRUIT

- 1 pineapple, small

VEGGIES

- 1 container basil, fresh (optional)
- 1 stalk broccoli, small
- 1 carrot, medium
- 1 garlic bulb
- 1 bunch green onions

GRAINS

- 4 oz. cooked brown rice (or 2 oz. dry brown rice)

NUTS/SEEDS

- 2 oz. chopped raw peanuts

PROTEINS

- 1 large egg

ESSENTIALS

- 1 container chicken broth, low-sodium, organic
- 1 bag coconut sugar
- 1 box cornstarch (preferably GMO-free)
- 1 jar curry powder
- 1 bottle fish sauce
- 1 jar coconut oil, extra-virgin organic

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GROCERY LIST: POACHED EGGS WITH ASPARAGUS TOAST

FRUIT

- 1 lemon, medium

VEGGIES

- 1 bunch asparagus, medium

GRAINS

- 1 loaf whole-grain bread, low-sodium, sprouted

PROTEINS

- 2 large eggs

ESSENTIALS

- 1 bottle olive oil
- 1 jar black pepper, ground (optional)

Lemon Garlic Sauce

(see separate grocery list for **Lemon Garlic Sauce**)

GROCERY LIST: PUMPKIN PIE ENERGY BITES

NUTS/SEEDS

- 1 package raw pecan halves (approx. 6 oz.)

ESSENTIALS

- 1 container dates, pitted (approx. 6 oz.)
- 1 package unsweetened coconut, shredded (approx. 1 oz.)
- 1 bottle pure hazelnut extract
- 1 bottle pure maple syrup
- 1 jar pumpkin pie spice
- 1 (15-oz.) can 100% pure pumpkin puree
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: QUINOA TABOULI BOWL

FRUIT

- 1 lemon, medium
- 1 container mint, fresh
- 1 bunch parsley

VEGGIES

- 1 cucumber, medium
- 1 onion, medium
- 1 tomato, medium

GRAINS

- Quinoa (approx. 2 oz.)

PROTEINS

- 4 oz. cooked chicken breast, boneless, skinless

ESSENTIALS

- 1 bottle extra-virgin olive oil
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: SLOW COOKED CHICKEN IN WINE SAUCE

VEGGIES

- 2 carrots, medium
- 1 bulb garlic
- 8 oz. shiitake mushrooms
- 2 red onions, medium
- 1 container thyme, fresh

PROTEINS

- 1½ lbs. raw chicken breast, boneless, skinless
- 1½ lbs. raw chicken thighs, boneless, skinless
- 1 ham hock, smoked (optional)

ESSENTIALS

- 1 bottle brandy (optional)
- 1 container chicken broth, low-sodium, organic
- 1 box cornstarch (preferably GMO-free)
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 bottle Burgundy wine

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GROCERY LIST: SWEET POTATO RICOTTA GNUDI IN PUMPKIN SAUCE

VEGGIES

- 1 bulb garlic
- 1 onion, medium
- 1 container sage leaves, fresh
- 4 sweet potatoes, small

DAIRY

- 1 (8 oz.) container ricotta cheese, part-skim

PROTEINS

- 1 large egg

ESSENTIALS

- 1 container unsweetened almond milk
- 1 jar cinnamon, ground
- 1 jar cloves, ground
- 1 bag coconut flour
- 1 jar ginger, ground
- 1 bottle raw honey
- 1 jar nutmeg, ground
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 (15-oz.) can 100% pure pumpkin puree
- 1 jar sea salt (or Himalayan salt)

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FRUIT

- 1 lemon, medium (optional)

VEGGIES

- 1 bunch kale (approx. 6 oz.)

GRAINS

- 1 loaf whole-grain bread, low-sodium, (like Ezekiel®)

PROTEINS

- 2 (4-oz. each) raw chicken breasts, boneless, skinless

ESSENTIALS

- 1 jar chili powder
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 roll parchment paper
- 1 can olive oil cooking spray

Lemon Dijon Salad Dressing

(see separate grocery list for **Lemon Dijon Salad Dressing**)

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GROCERY LIST: TURKEY CHILI

VEGGIES

- 1 green bell pepper, medium
- 1 red bell pepper, medium
- 1 bunch cilantro
- 1 bulb garlic
- 1 onion, medium

DAIRY

- 1 package goat cheese (approx. 1 oz.)

PROTEINS

- 1 lb. 4 oz. raw 93% lean ground turkey breast

ESSENTIALS

- 2 cans (15-oz. each) kidney beans
- 1 jar chili powder
- 1 jar coconut oil, extra-virgin organic
- 1 jar crushed red pepper flakes (optional)
- 1 jar sea salt (or Himalayan salt)
- 2 cans (15-oz. each) diced tomatoes, organic, no salt added
- 1 bottle red wine

GROCERY LIST: TURKEY SLOPPY JOES

VEGGIES

- 1 red bell pepper, medium
- 1 bulb garlic
- 1 onion, medium
- 1 bunch parsley (optional)

GRAINS

- 1 loaf whole-grain bread, low-sodium, sprouted (like Ezekiel®)

PROTEINS

- 1 lb. raw 93% lean ground turkey breast

ESSENTIALS

- 1 bottle pure maple syrup
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 bottle hot pepper sauce
- 1 jar sea salt (or Himalayan salt)
- 2 cans (15-oz. each) all-natural tomato sauce, no salt or sugar added
- 1 bottle Worcestershire sauce, gluten-free

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GROCERY LIST: VEGETARIAN PORTOBELLO SLIDERS



VEGGIES

- 1 bulb garlic
- 8 baby portobello mushrooms
- 1 container rosemary, fresh

DAIRY

- 4 slices smoked Gouda cheese (approx. 4 oz.) (optional)

GRAINS

- 8 whole-grain dinner rolls

ESSENTIALS

- 1 jar onion powder
- 1 bottle olive oil
- 1 jar smoked paprika, ground
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 bottle vegan Worcestershire sauce

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GROCERY LIST: WASABI CREAM CHEESE SALMON BURGERS (WITH DILL CUCUMBER SALAD VARIATION)

FRUITS

- 1 lemon, medium

VEGGIES

- 1 package baby arugula
- 1 bunch chives, fresh
- 1 bunch dill, fresh

DAIRY

- 1 (8 oz.) container whipped cream cheese

BAKED GOODS

- 1 package hamburger buns, gluten-free

NUTS/SEEDS

- 1 jar sesame seeds

PROTEINS

- 1 carton egg whites or 2 large eggs
- 1 lb. wild-caught salmon, boneless

ESSENTIALS

- 1 jar black pepper, ground
- 1 jar Dijon mustard
- 1 jar minced garlic, dried
- 1 jar minced onion, dried
- 1 bottle olive oil
- 1 jar poppy seeds
- 1 jar sea salt (or Himalayan salt)
- 1 tube wasabi, prepared

BAKING SUPPLIES

- 1 can nonstick cooking spray
- 1 roll parchment paper

Dill Cucumber Salad

(see separate grocery list for **Dill Cucumber Salad**)

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GROCERY LIST: WHOLE-GRAIN STUFFED TURKEY

VEGGIES

- 1 bulb garlic
- 1 container thyme, fresh (or 1 sprig)

DAIRY

- 1 jar ghee (organic and grass-fed, if possible)

PROTEINS

- 1 small, raw, turkey breast, boneless with skin (approx. 2½ lbs.)

ESSENTIALS

- 1 jar bay leaves
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

Whole-Grain Stuffing

(see separate grocery list for **Whole-Grain Stuffing**)

FIXATE Gravy

(see separate grocery list for **FIXATE Gravy**)

GROCERY LIST: ZUCCHINI NOODLE LASAGNA

VEGGIES

- 1 eggplant, large
- 2 zucchini, large

DAIRY

- 1 (32 oz.) container part-skim ricotta cheese
- 1 package part-skim mozzarella cheese (approx. 3 oz.)

ESSENTIALS

- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

FIXATE Marinara

(see separate grocery list for **FIXATE Marinara**)

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GROCERY LIST: AUTUMN'S AHI BRUSCHETTA

FRUIT

- 1 lime, medium

VEGGIES

- 1 garlic bulb
- 1 ginger root, fresh
- 1 bunch kale, fresh
- 1 shallot, medium

GRAINS

- 1 baguette

NUTS/SEEDS

- 1 jar toasted sesame seeds

PROTEINS

- 4 oz. raw ahi tuna

ESSENTIALS

- 1 bottle hot chili sauce (like Sriracha®)
- 1 container red miso paste
- 1 bottle hon-mirin
- 1 bottle sesame oil
- 1 bottle soy sauce, reduced-sodium

BAKING SUPPLIES

- 1 can nonstick olive oil cooking spray

GROCERY LIST: BERRY QUINOA PARFAIT

FRUIT

- 1 (6-oz.) container blackberries, fresh (or other berry of your choice)
- 1 (6-oz.) container blueberries, fresh (or other berry of your choice)
- 1 (6-oz.) container raspberries, fresh (or other berry of your choice)
- 1 (1-lb.) container strawberries, fresh (or other berry of your choice)

GRAINS

- 1 package dry quinoa (approx. 4 oz.)

DAIRY

- 1 (8-oz.) container plain Greek yogurt, reduced-fat (2%)

ESSENTIALS

- 1 bottle raw honey

GROCERY LIST: CARAMELIZED PEARL ONIONS

VEGGIES

- 1 bag pearl onion, frozen (1½ lbs.)
- 1 container rosemary, fresh

ESSENTIALS

- 1 bottle port wine, ruby
- 1 bottle pure maple syrup
- 1 jar sea salt (or Himalayan salt)
- 1 bottle apple cider vinegar

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VEGGIES

- 1 medium cauliflower (or 12 oz. cauliflower florets)
- 1 bulb garlic

DAIRY

- 1 (1-oz.) container ghee (organic grass-fed, if possible)
- 3 oz. mozzarella cheese, part-skim, low-moisture
- 1½ oz. Parmesan cheese

PROTEINS

- 2 large eggs

ESSENTIALS

- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 roll parchment paper
- 1 can nonstick cooking spray
- 1 piece cheesecloth

FIXATE Marinara

(see separate grocery list for **FIXATE Marinara**)

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GROCERY LIST: CHEWY WHOLE-GRAIN BARS

FRUIT

- 1 banana, large, very ripe

GRAINS

- 1 container old-fashioned oats, gluten-free (approx. 3 oz.)
- 1 package quinoa (approx. 3 oz.)

NUTS/SEEDS

- 1 package chia seeds (approx. 1 oz.)
- 1 package flaxseeds (approx. 1 oz.)
- 1 package raw sunflower seeds (approx. 2 oz.)
- 1 package chopped raw walnuts (approx. 1 oz.) (optional)

ESSENTIALS

- 1 package bittersweet chocolate chips (approx. 2 oz.)
- 1 container dried fruit, mixed (approx. 3 oz.)
- 1 jar cinnamon, ground
- 1 bottle pure maple syrup (preferably dark amber)
- 1 jar all-natural almond butter
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 package muffin papers/cupcake liners
- 1 can nonstick cooking spray

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GROCERY LIST: CHICKEN PEPPERONI CRUMBLES

PROTEINS

- 1 lb. raw lean ground chicken breast

ESSENTIALS

- 1 jar cayenne pepper, ground
- 1 jar fennel seed, ground
- 1 jar garlic powder
- 1 bottle olive oil
- 1 jar sweet paprika, ground
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: CLOUD BREAD

DAIRY

- 1 (8-oz.) container plain Greek yogurt, reduced-fat (2%)

PROTEINS

- 3 large eggs

ESSENTIALS

- 1 jar cream of tartar
- 1 jar sea salt (or Himalayan salt) (optional)

BAKING SUPPLIES

- 1 can nonstick cooking spray
- parchment paper
- silpat (optional)

GROCERY LIST: CREAMY CAULIFLOWER MASH

VEGGIES

- 2 heads cauliflower, medium (or 30 oz. cauliflower florets)
- 1 bulb garlic

ESSENTIALS

- 1 container unsweetened almond milk
- 1 bottle olive oil, extra-virgin
- 1 jar sea salt (or Himalayan salt)

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VEGGIES

- 1 cucumber, large

ESSENTIALS

- 1 container hummus, prepared
- 1 jar roasted red peppers

BAKING SUPPLIES

- Toothpicks

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GROCERY LIST: DEVEILED EGGS THREE WAYS

ASIAN INFUSION (WITH SESAME INFUSION)



FRUIT

- 1 lemon, medium

PROTEINS

- 6 large eggs

ESSENTIALS

- 1 jar mayonnaise
- 1 jar Dijon mustard
- 1 bottle Thai fish sauce
- 1 jar black pepper, ground
- 1 bag bonito flakes (optional)
- 1 jar sweet paprika, ground (optional)

Sesame Infusion

(see separate grocery list for *Sesame Infusion*)

SCANDINAVIAN SMORGASBORD



FRUIT

- 1 lemon, medium

VEGGIES

- 1 container dill, fresh

DAIRY

- 4 oz. plain Greek yogurt, reduced-fat (2%)

PROTEINS

- 6 large eggs
- 1 oz. smoked salmon

ESSENTIALS

- 1 jar Dijon mustard
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

DEVIL'S CURRY



FRUITS

- 1 lime, medium
- 2 kaffir lime leaves (optional)

VEGGIES

- 1 bunch green onions
- 1 serrano chile

DAIRY

- 1 container ghee (organic grass-fed, if possible)
- 4 oz. plain Greek yogurt, reduced-fat (2%)

PROTEINS

- 6 large eggs

ESSENTIALS

- 1 jar curry powder
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: FIXATE BREAKFAST SAUSAGE

VEGGIES

- 1 container rosemary, fresh
- 1 container sage, fresh

PROTEINS

- 1 lb. raw ground turkey, 93% lean

ESSENTIALS

- 1 bottle pure maple syrup
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar juniper berries, ground
- 1 jar nutmeg, ground
- 1 jar sea salt (or Himalayan salt)

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VEGGIES

- 20 oz. cipollini onions (or frozen pearl onions)
- 1 bulb garlic
- 2 lbs. green beans, fresh (or frozen green beans)
- 10 oz. sliced button mushrooms, fresh

NUTS/SEEDS

- 1 package sliced raw almonds (approx. 3 oz.)

ESSENTIALS

- 1 container unsweetened almond milk
- 1 box cornstarch, GMO-free
- 1 jar nutmeg, ground
- 1 bottle olive oil
- 1 jar onion powder
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 bottle balsamic vinegar

BAKING SUPPLIES

- 1 can nonstick cooking spray

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GROCERY LIST: GUACAMOLE

FRUIT

- 2 limes, medium

VEGGIES

- 2 avocados, large
- 1 bunch cilantro, fresh
- 1 jalapeño, medium (optional)
- 1 onion, medium
- 2 Roma tomatoes, medium

ESSENTIALS

- 1 bottle extra-virgin olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

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VEGGIES

- 4 raw beets, medium
- 6 carrots, medium
- 1 container rosemary, fresh

ESSENTIALS

- 1 jar raw honey
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: LOADED SWEET POTATO SKINS

VEGGIES

- 1 container chives, fresh
- 3 sweet potatoes, medium
- 3 bags (6 oz. each) spinach, fresh (approx. 1 lb.)

DAIRY

- 1 package cheddar cheese (approx. 2 oz.)
- 1 container sour cream, reduced-fat (2%)

PROTEINS

- 1 package nitrate-free bacon
- 1 package raw chicken breast, boneless, skinless (approx. 5 oz.)

ESSENTIALS

- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 can nonstick olive oil cooking spray

FIXATE Taco Seasoning

(see separate grocery list for **FIXATE Taco Seasoning**)

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GROCERY LIST: MAPLE GLAZED BRUSSELS SPROUTS

VEGGIES

- 1¾ lbs. brussels sprouts, medium
- 1 container rosemary, fresh

DAIRY

- 1 stick butter, unsalted, grass-fed organic (optional)

ESSENTIALS

- 1 jar black pepper, ground
- 1 bottle pure maple syrup (preferably dark amber)
- 1 bottle olive oil
- 1 jar sea salt (or Himalayan salt)
- 1 bottle apple cider vinegar

BAKING SUPPLIES

- 1 can nonstick cooking spray
- 1 roll parchment paper

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GROCERY LIST: MEXICAN STREET CORN (ELOTE)

FRUIT

- 1 lime, medium

VEGGIES

- 1 bunch cilantro
- 2 ears of corn, yellow or white
- 1 bulb garlic

DAIRY

- 1 package blue cheese (approx. 1 oz.)
- 1 package Cotija cheese (approx. 1 oz.)
- 1 container sour cream, reduced-fat (2%)

ESSENTIALS

- 1 jar chili powder
- 1 jar sea salt (or Himalayan salt)

FIXATE Mayonnaise

(see separate grocery list for **FIXATE Mayonnaise**)

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GROCERY LIST: PIÑA COLADA FRUIT AND YOGURT SALAD

FRUIT

- 1 honeydew melon, small
- 1 mango, medium
- 1 papaya, medium
- 1 pineapple, small

VEGGIES

- 1 stalk lemongrass (optional)

DAIRY

- 2 containers (8-oz. each) plain Greek yogurt, reduced-fat (2%)

ESSENTIALS

- 1 package unsweetened coconut, shredded (approx. 2 oz.)
- 1 (8-oz.) can crushed pineapple, in juice
- 1 bottle pure coconut extract

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GROCERY LIST: PIÑA COLADA YOGURT

DAIRY

- 2 containers (8-oz. each) plain Greek yogurt, reduced-fat (2%)

ESSENTIALS

- 1 (8-oz.) can crushed pineapple in juice
- 1 bottle pure coconut extract

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GROCERY LIST: PROTEIN-PACKED RANCH DIP

VEGGIES

- 1 bulb garlic
- 1 onion, medium
- 1 container chives, fresh
- 1 container dill, fresh

DAIRY

- 1 (4-oz.) container plain Greek yogurt, reduced-fat (2%)

PROTEINS

- 3 cans (5-oz. each) chicken breast

ESSENTIALS

- 1 jar Dijon mustard
- 1 jar smoked paprika, ground
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: RED BEANS AND RICE

VEGGIES

- 1 red bell pepper, small
- 1 bunch celery
- 1 garlic bulb
- 1 onion, medium
- 1 container parsley, fresh (optional)

GRAINS

- 4 oz. cooked brown rice (or 2 oz. dry brown rice)

PROTEINS

- 2 oz. ham, low-sodium, nitrate-free

ESSENTIALS

- 1 (15-oz.) can red beans
- 1 container chicken broth, low-sodium, organic
- 1 package gelatin, unflavored (preferably from grass-fed cows)
- 1 bottle olive oil
- 1 jar smoked paprika, ground
- 1 jar black pepper, ground
- 1 jar cayenne pepper, ground (optional)
- 1 jar sea salt (or Himalayan salt)
- 1 jar thyme, dried

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GROCERY LIST: SAUTÉED BROCCOLI RABE

FRUIT

- 1 lemon, medium

VEGGIES

- 1 bunch broccoli rabe, large
- 1 bulb garlic

ESSENTIALS

- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar red pepper flakes, crushed
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: SMOKY BAKED BEANS

VEGGIES

- 1 sweet onion, medium

ESSENTIALS

- 2 cans (15-oz. each) cannellini beans
- 1 bottle all-natural liquid smoke (optional)
- 1 bottle blackstrap molasses
- 1 jar Dijon mustard, gluten-free
- 1 bottle olive oil
- 1 jar sea salt (or Himalayan salt) (optional)
- 2 cans (8-oz. each) all-natural tomato sauce, no salt or sugar added
- 1 bottle Worcestershire sauce, gluten-free, vegan

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GROCERY LIST: SWEET POTATO CASSEROLE

VEGGIES

- 1½ lbs. sweet potatoes
- 1 ginger root, fresh

DAIRY

- 1 stick butter, unsalted, grass-fed organic

NUTS/SEEDS

- Chopped raw pecans (approx. 2 oz.)

ESSENTIALS

- 1 jar cinnamon, ground
- 1 bottle raw honey
- 1 jar nutmeg, ground
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: WHOLE-GRAIN STUFFING

FRUIT

- 1 orange, small

VEGGIES

- 1 bunch celery
- 1 container sage leaves, fresh
- 2 shallots, medium
- 1 butternut squash, small (or 4 oz. cubed butternut squash)

GRAINS

- 1 package rye berries (or farro or barley) (approx. 4 oz.)
- 1 package wild rice (approx. 4 oz.)

NUTS/SEEDS

- 1 package sliced raw almonds (approx. 2 oz.)

ESSENTIALS

- 1 bottle apple brandy (preferably Calvados) (optional)
- 2 containers (32 fl. oz. each) low-sodium organic chicken broth (or vegetable broth)
- 1 package dried cherries, unsweetened (approx. 2 oz.)
- 1 jar nutmeg, ground
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

BAKING SUPPLIES

- 1 can nonstick cooking spray

GROCERY LIST: BONE BROTH

VEGGIES

- 2 carrots, medium
- 1 bunch celery
- 1 bulb garlic
- 1 onion, medium
- 1 bunch parsley, small
- 1 bunch thyme, small

PROTEINS

- 1 rotisserie chicken

ESSENTIALS

- 1 jar bay leaves, whole
- 1 jar black peppercorns, whole
- 1 jar sea salt (or Himalayan salt)
- 1 bottle apple cider vinegar

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GROCERY LIST: COCONUT CURRY PUMPKIN SOUP

FRUIT

- 2 limes, medium

VEGGIES

- 2 carrots, medium
- 1 head cauliflower, small (or 4 oz. cauliflower florets)
- 1 bunch cilantro (optional)
- 1 bulb garlic
- 1 ginger root, fresh
- 1 onion, medium

DAIRY

- 1 jar ghee, organic grass-fed if possible

PROTEINS

- ½ lb. cooked chicken breast, boneless, skinless

ESSENTIALS

- 1 (32 fl. oz.) box chicken broth, low-sodium, organic
- 1 can coconut milk
- 1 jar curry powder (preferably Thai curry)
- 1 bottle fish sauce, gluten-free
- 1 envelope unflavored gelatin (preferably from grass-fed cows)
- 1 (15-oz.) can 100% pure pumpkin puree
- 1 bag coconut sugar

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GROCERY LIST: CREAMY TOMATO SOUP

VEGGIES

- 1 container basil, fresh
- 1 bulb garlic
- 1 onion, medium

ESSENTIALS

- 1 container unsweetened almond milk
- 1 bag coconut sugar
- 1 bottle olive oil
- 1 jar sea salt (or Himalayan salt)
- 1 bottle sherry, dry (optional)
- 1 (28-oz.) can tomatoes, whole, peeled (preferably San Marzano)

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GROCERY LIST: DILL CUCUMBER SALAD

VEGGIES

- 1 English hothouse cucumber, medium
- 1 bunch dill, fresh
- 1 red onion, medium

ESSENTIALS

- 1 bottle apple cider vinegar
- 1 jar black pepper, ground
- 1 jar coriander, ground
- 1 jar honey, raw
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: HEARTY WINTER SALAD

VEGGIES

- 1 bunch kale leaves (approx. 3 oz.)
- 3 shallots, medium

GRAINS

- 1 package quinoa (preferably red) (approx. 2 oz.)

NUTS/SEEDS

- 1 package raw pine nuts, toasted (approx. 1 oz.)

PROTEINS

- 2 large eggs
- 1 (12-oz.) can chunk light tuna, packed in water

ESSENTIALS

- 1 (15-oz.) can beets

Rosemary Blue Cheese Dressing

(see separate grocery list for **Rosemary Blue Cheese Dressing**)

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GROCERY LIST: ORANGE AND FENNEL SALAD WITH KALAMATA OLIVES

FRUITS

- 4 oranges, medium
- 1 lemon, medium (optional)

VEGGIES

- 1 fennel bulb, large

ESSENTIALS

- 1 jar Kalamata olives
- 1 bottle extra-virgin olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: QUINOA AND BLACK BEAN SALAD

FRUIT

- 3 limes, medium

VEGGIES

- 2 orange bell peppers, medium
- 2 red bell peppers, medium
- 2 yellow bell peppers, medium
- 1 bunch cilantro

GRAINS

- 1 package dry quinoa (approx. 6 oz.)

ESSENTIALS

- 1 (15-oz.) can black beans
- 1 (1 lb.) bag corn kernels, frozen
- 1 jar cumin, ground
- 1 bottle olive oil
- 1 jar black pepper, ground (optional)
- 1 jar sea salt (or Himalayan salt)
- 1 bottle red wine vinegar

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GROCERY LIST: SPRING VEGGIE ORZO SALAD

FRUIT

- 1 lemon, medium

VEGGIES

- 1 bunch asparagus
- 1 container basil, fresh
- 1 carrot, medium
- 1 garlic bulb
- 1 zucchini, medium

GRAINS

- 6 oz. dry orzo, whole wheat

ESSENTIALS

- 1 (32-oz.) container chicken broth (or vegetable), low-sodium, organic
- 1 bottle raw honey (or 1 bag coconut sugar)
- 1 bottle olive oil, extra-virgin
- 1 package peas, frozen
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

VEGGIES

- 1 daikon radish, medium
- 1 bunch green onions
- 6 Roma tomatoes, medium
- 1 yellow bell pepper, medium

Creamy Raspberry Vinaigrette

(see separate grocery list for *Creamy Raspberry Vinaigrette*)

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GROCERY LIST: THAI CHICKEN SALAD (WITH THAI SALAD DRESSING)

VEGGIES

- 1 bag mixed salad greens (approx. 4 oz.)
- 1 red bell pepper, medium
- 1 bunch broccoli, small (or 2 oz. broccoli florets)
- 1 carrot, medium
- 1 head cauliflower, small (or 2 oz. cauliflower florets)
- 1 English hot house cucumber, medium
- 1 bunch green onions
- 1 head radicchio, small

NUTS/SEEDS

- 1 package whole raw peanuts (approx. 1 oz.)

PROTEINS

- 1 lb. cooked chicken breast, boneless, skinless

Thai Salad Dressing

(see separate grocery list for *Thai Salad Dressing*)

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GROCERY LIST: TUSCAN BEAN SALAD

VEGGIES

- 1 container basil, fresh
- 1 garlic bulb
- 1 red onion, medium
- 1 container rosemary, fresh
- 2 Roma tomatoes, medium

ESSENTIALS

- 2 cans (15-oz. each) cannellini beans
- 1 bottle olive oil, extra-virgin
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 bottle red wine vinegar

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GROCERY LIST: CRANBERRY SAUCE

FRUIT

- 1 orange, small
- 1 (12 oz.) bag fresh cranberries (or frozen cranberries)

VEGGIES

- 1 ginger root, fresh

ESSENTIALS

- 1 jar cloves, whole
- 1 bottle raw honey

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GROCERY LIST: CREAMY RASPBERRY VINAIGRETTE

FRUITS

- 1 lemon, medium

DAIRY

- 1 (8 oz.) container plain Greek yogurt, reduced-fat (2%)

ESSENTIALS

- 1 jar black pepper, ground
- 1 jar Dijon mustard
- 1 bottle extra-virgin olive oil
- 1 jar raspberry preserves
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: EASY BLENDER HOLLANDAISE

FRUIT

- 1 lemon, medium

DAIRY

- 1 jar ghee (organic grass-fed, if possible)

PROTEINS

- 1 large egg

ESSENTIALS

- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: FIXATE GRAVY

VEGGIES

- 1 garlic bulb
- 3 sage leaves, fresh (or dried sage)
- 1 shallot, medium

ESSENTIALS

- 1 container (32 fl. oz.) low-sodium organic chicken broth (or vegetable broth)
- 1 box cornstarch, GMO-free
- 1 package gelatin, unflavored (grass-fed, if possible)
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 bottle dry sherry

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GROCERY LIST: FIXATE KETCHUP

ESSENTIALS

- 1 jar allspice, ground
- 1 jar bay leaves
- 1 container beef (or vegetable) broth, low-sodium, organic
- 1 jar cloves, ground
- 1 jar garlic powder
- 1 package gelatin, unflavored (preferably from grass-fed cows) (optional)
- 1 jar ginger, ground
- 1 bottle raw honey
- 1 jar mustard powder
- 1 jar onion powder
- 1 jar paprika, ground
- 1 jar sea salt (or Himalayan salt)
- 1 bag coconut sugar
- 1 (6-oz.) can all-natural tomato paste
- 1 bottle apple cider vinegar

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GROCERY LIST: FIXATE MARINARA

VEGGIES

- 1 onion, medium
- 1 garlic bulb
- 1 container basil leaves, fresh

ESSENTIALS

- 1 bottle olive oil
- 1 jar sea salt (or Himalayan salt)
- 1 (14.5-oz.) can tomatoes, whole, peeled
- 1 bottle dry white wine (like Pinot Grigio)

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PROTEINS

- 2 large eggs (or 2 large egg yolks, pasteurized)*

ESSENTIALS

- 1 bag coconut sugar
- 1 bottle light olive oil
- 1 jar onion powder
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 bottle apple cider vinegar

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GROCERY LIST: FIXATE PESTO

VEGGIES

- 1 container basil, fresh (approx. 4 oz.)
- 1 bulb garlic

DAIRY

- 1 package pecorino Romano cheese (approx. 3 oz.)

NUTS/SEEDS

- 1 package pine nuts (approx. 1 oz.)

ESSENTIALS

- 1 bottle olive oil, extra-virgin
- 1 jar sea salt (or Himalayan salt)

GROCERY LIST: FIXATE TACO SEASONING

ESSENTIALS

- 1 jar black pepper, ground
- 1 jar chili powder
- 1 jar coriander, ground
- 1 jar cumin, ground
- 1 jar garlic powder
- 1 jar onion powder
- 1 jar sweet smoked paprika, ground

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ESSENTIALS

- 1 can coconut milk
- 1 bag coconut sugar
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

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FRUITS

- 1 lime, medium

ESSENTIALS

- 1 bag coconut sugar (or palm sugar)
- 1 jar all-natural peanut butter (or cashew butter)
- 1 jar pickled jalapeños
- 1 jar sea salt (or Himalayan salt)

FIXATE Taco Seasoning

(see separate grocery list for **FIXATE Taco Seasoning**)

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GROCERY LIST: GRANDMA'S TOMATO SAUCE

VEGGIES

- 1 container basil, fresh
- 1 bulb garlic
- 1 onion, medium

DAIRY

- 1 piece Parmesan cheese with rind (approx. 3 oz.)

ESSENTIALS

- 1 bag coconut sugar
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 (6-oz.) can tomato paste
- 2 cans (28-oz. each) tomatoes, whole, peeled (preferably San Marzano)
- 1 bottle red wine

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GROCERY LIST: HONEY SYRUP

VEGGIES

- 2 bunches mint leaves, fresh (optional)

ESSENTIALS

- 1 jar raw honey

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GROCERY LIST: ROSEMARY BLUE CHEESE DRESSING

VEGGIES

- 1 bulb garlic
- 1 container rosemary, fresh

DAIRY

- 1 package blue cheese (preferably gorgonzola) (approx. 1 oz.)

PROTEINS

- 1 large egg, pasteurized

ESSENTIALS

- 1 bottle fish sauce
- 1 bottle raw honey
- 1 bottle olive oil
- 1 jar black pepper, ground
- 1 bottle apple cider vinegar

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GROCERY LIST: SESAME INFUSION

VEGGIES

- 1 garlic bulb
- 1 ginger root, fresh

ESSENTIALS

- 1 bottle sesame oil
- 1 jar smoked paprika, ground

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GROCERY LIST: STRAWBERRY TOPPING

FRUIT

- 2 lemons, medium
- 1 (1 lb.) box fresh strawberries

ESSENTIALS

- 1 box cornstarch (preferably GMO-free)
- 1 bottle raw honey
- 1 jar sea salt (or Himalayan salt)

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GROCERY LIST: THAI SALAD DRESSING

FRUIT

- 2 limes, large

VEGGIES

- 1 bulb garlic
- 1 ginger root, fresh
- 1 bird's eye chili (optional)

ESSENTIALS

- 1 bag coconut sugar
- 1 bottle fish sauce, gluten-free
- 1 bottle toasted sesame oil
- 1 bottle rice vinegar

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FRUIT

- 1 lime, medium (optional)

VEGGIES

- 1 cucumber, medium
- 1 container mint leaves, fresh

ESSENTIALS

- 1 bottle soda water
- 1 bottle St-Germain® liqueur
- 1 bottle vodka (preferably Grey Goose®)

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GROCERY LIST: BANANA PEANUT BUTTER CHOCOLATE CHUNK ICE CREAM

FRUITS

- 3 ripe bananas, medium

NUTS/SEEDS

- ½ oz. raw almonds, sliced

ESSENTIALS

- 1 container unsweetened almond milk (optional)
- ½ oz. dark chocolate
- 1 jar all-natural peanut butter

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GROCERY LIST: CANDY CANE MARTINI

VEGGIES

- 1 bunch mint leaves, fresh

ESSENTIALS

- 1 bottle pure peppermint extract
- 1 bottle 100% cranberry juice
- 1 bottle soda water
- 1 bottle vodka

Honey Syrup

(see separate grocery list for **Honey Syrup**)

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GROCERY LIST: CANDY CORN PARFAIT

FRUIT

- 1 pineapple, fresh (or 20 oz. canned pineapple chunks in juice)

ESSENTIALS

- 1 bag candy corn
- 1 (8 fl. oz.) can coconut cream, unsweetened
- 2 cans (15-oz. each) mandarin oranges in its own juice
- 1 bottle pure maple syrup
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

FRUIT

- 1 apple, medium (optional)

ESSENTIALS

- 1 container unsweetened almond milk
- 1 bottle apple brandy (preferably Calvados) (or 1 bottle unsweetened apple juice)
- 1 bottle pure vanilla extract
- 1 jar cinnamon, ground

FIXATE Vegan Caramel Sauce

(see separate grocery list for **FIXATE Vegan Caramel Sauce**)

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GROCERY LIST: DECEPTIVELY DEVINE RED VELVET CUPCAKES

FRUIT

- 2 lemons, medium

VEGGIES

- 2 avocados, medium, very ripe

PROTEINS

- 2 large eggs

ESSENTIALS

- 1 container unsweetened almond milk
- 1 can baking powder, gluten-free
- 1 (15-oz.) can beets
- 1 container unsweetened cocoa powder
- 1 bag coconut sugar
- 1 box cornstarch, GMO-free
- 1 bag almond flour
- 1 bag all-purpose flour, gluten-free
- 1 jar coconut oil, extra-virgin organic
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 can nonstick cooking spray
- 1 package muffin papers/cupcake liners

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GROCERY LIST: DOUBLE CHOCOLATE COOKIES

ESSENTIALS

- 1 jar unsweetened applesauce
- 1 (13.66-fl. oz.) can lite coconut milk
- 1 bag dark chocolate chips, 70% cacao (or more) (approx. 3 oz.)
- 1 container unsweetened cocoa powder
- 1 bag coconut flour
- 1 bag whole wheat flour
- 1 bottle pure maple syrup
- 1 jar coconut oil, extra-virgin organic

BAKING SUPPLIES

- 1 can nonstick cooking spray

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GROCERY LIST: EASY BAKED APPLE CRISP

FRUIT

- 2 Golden Delicious apples, medium

DAIRY

- 1 jar ghee (organic grass-fed, if possible)

GRAINS

- 1 oz. dry old-fashioned oats, gluten-free

NUTS/SEEDS

- 1 package chopped raw walnuts (approx. 1 oz.)

ESSENTIALS

- 1 jar unsweetened applesauce
- 1 package chai tea (or 1 bag)
- 1 jar cinnamon, ground
- 1 package unsweetened coconut, shredded (approx. ½ oz.)
- 1 bag coconut sugar
- 1 box cornstarch (preferably GMO-free)
- 1 package dried cranberries (approx. 1 oz.)
- 1 bottle pure maple syrup
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 roll parchment paper

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GROCERY LIST: ELDERFLOWER MERINGUE COCKTAIL

FRUITS

- 1 lime, medium
- 1 orange, medium

PROTEINS

- 1 carton egg whites (pasteurized) or 1 large egg (pasteurized)*

ESSENTIALS

- 1 bottle gin
- 1 bottle orange bitters
- 1 bottle soda water
- 1 bottle elderflower liqueur (such as St-Germain[®])

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GROCERY LIST: FLOURLESS CHOCOLATE CHICKPEA BROWNIES

DAIRY

- 1 stick butter, unsalted, grass-fed organic

PROTEINS

- 2 large eggs

ESSENTIALS

- 1 can baking powder, gluten-free
- 1 (15-oz.) can chickpeas (garbanzo beans)
- 1 package semisweet (or dark) chocolate chips (approx. 2 oz.)
- 1 container unsweetened cocoa powder
- 1 bottle pure maple syrup
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 can nonstick cooking spray
- 1 roll parchment paper

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GROCERY LIST: GOOEY PEANUT BUTTER CUPCAKES

NUTS/SEEDS

- 1 package flaxseeds, ground (approx. ½ oz.)

ESSENTIALS

- 1 container unsweetened almond milk
- 1 can baking powder, gluten-free
- 1 package bittersweet chocolate chips (approx. 4 oz.)
- 1 bag almond flour
- 1 bag all-purpose flour, gluten-free
- 1 bottle pure maple syrup (preferably grade B)
- 1 jar coconut oil, extra-virgin organic
- 1 jar all-natural peanut butter
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 package muffin papers/cupcake liners
- 1 can nonstick cooking spray

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GROCERY LIST: GRILLED PEACHES WITH MASCARPONE



FRUITS

- 1 orange, medium
- 2 peaches, medium

DAIRY

- 1 container mascarpone cheese

ESSENTIALS

- 1 bottle Kentucky bourbon
- 1 bottle maple syrup, Grade B
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 can nonstick cooking spray

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

GROCERY LIST: PEANUT BUTTER CHOCOLATE BALLS



ESSENTIALS

- 1 jar all-natural peanut butter, smooth
- 1 bag coconut flour
- 1 box cornstarch, GMO-free
- 1 bottle extra-virgin organic coconut oil
- 1 bottle pure maple syrup
- 8 oz. semisweet chocolate, 62% cocoa or higher

BAKING SUPPLIES

- 1 roll parchment paper

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Vegan and contain no animal products. Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

GROCERY LIST: PEANUT BUTTER OATMEAL BARS

FRUIT

- 1 banana, large, ripe
- 1 (6-oz.) container blackberries, fresh
- 1 (6-oz.) container blueberries, fresh

GRAINS

- 1 container old-fashioned oats, gluten-free (approx. 6 oz.)

NUTS/SEEDS

- 1 package ground flaxseed (approx. ½ oz.)
- 2 oz. chopped raw peanuts

ESSENTIALS

- 1 container unsweetened almond milk
- 1 can baking powder, gluten-free
- 1 jar cinnamon, ground
- 1 bottle pure maple syrup (preferably dark amber, grade B)
- 1 jar all-natural peanut butter
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 can nonstick cooking spray
- 1 roll parchment paper

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **V** icon are designed to be Vegan and contain no animal products. Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

GROCERY LIST: PEANUTTY PEANUT BUTTER SQUARES

PROTEINS

- 2 large eggs

ESSENTIALS

- 1 can baking soda, gluten-free
- 1 bottle raw honey
- 1 jar all-natural peanut butter, smooth
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 can nonstick cooking spray

GROCERY LIST: PUMPKIN WHOOPIE PIES

DAIRY

- 1 (8 fl. oz.) container heavy whipping cream

GRAINS

- 1 container old-fashioned oats, gluten-free (approx. 3 oz.)
- 1 bag all-purpose flour, gluten-free

NUTS/SEEDS

- Chopped raw walnuts (approx. 3 oz.)

PROTEINS

- 1 egg, large

ESSENTIALS

- 1 can baking powder
- 1 jar cinnamon, ground
- 1 jar cloves, ground
- 1 jar coconut oil, extra-virgin organic
- 1 bag coconut sugar
- 1 envelope unflavored gelatin (preferably from grass-fed cows)
- 1 jar ginger, ground
- 1 jar nutmeg, ground
- 1 (15-oz.) 100% pure pumpkin puree
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 can nonstick cooking spray
- 1 roll parchment paper

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

GROCERY LIST: VANILLA CAKE WITH CHOCOLATE FROSTING

DAIRY

- 2 sticks butter, unsalted, grass-fed organic

PROTEINS

- 4 large eggs

ESSENTIALS

- 1 container unsweetened almond milk
- 1 can baking powder, gluten-free
- 1 bag almond flour
- 1 container unsweetened cocoa powder
- 1 bag coconut flour
- 1 bag coconut sugar
- 1 bottle raw honey
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

BAKING SUPPLIES

- 1 can nonstick cooking spray

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

NUTS/SEEDS

- 11 whole raw hazelnuts (about 1½ oz.)

ESSENTIALS

- 1 container unsweetened almond milk
- 1 bag Chocolate Shakeology
- 1 bottle pure maple syrup
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.

VEGGIES

- 1 zucchini, medium

ESSENTIALS

- 1 container unsweetened almond milk
- 1 bag Chocolate Shakeology
- 1 jar cinnamon, ground
- 1 jar cloves, ground
- 1 bottle pure maple syrup
- 1 jar nutmeg, ground
- 1 jar cayenne pepper, ground
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

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GROCERY LIST: SHAKEOLOGY YOGURT PUDDING



FRUIT

- 1 orange, large

VEGGIES

- 1 avocado, large

DAIRY

- 4 oz. plain Greek yogurt, reduced-fat (2%)

ESSENTIALS

- 1 box unsweetened almond milk
- 1 bag Chocolate Shakeology
- 1 bottle pure maple syrup
- 1 jar sea salt (or Himalayan salt)
- 1 bottle pure vanilla extract

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