

5 DAYS OF INTRO: PREP LIST

{ For a Family Of 4 }

You'll Need:

- Fats
 - 1 Qt Ghee
 - 1 Qt Other - such as duck fat, beef tallow, lard
 - Container of extra virgin coconut oil
- Broth - enough for at least 2 cups per person/per day + more for misc
 - Day 1 - 3 Qts broth
 - Day 2 - 3 Qts broth
 - Day 3 - 3 Qts broth
 - Day 4 - 3 Qts broth
 - Day 5 - 3 Qts broth
- Meat for Boiling - Stages 1 - 3 (approx. 5 days of snacks & meals)
 - 2 whole chickens
 - 14 bone-in skin-on chicken thighs
 - 2 - 3 lbs chicken legs
 - 1 lb. wild halibut
 - 1/2 lb. wild cod
 - 1/2 lb. wild shrimp
 - 8 lbs. ground meat for meatballs (lamb, beef or pork)
 - 2 lbs. stew meat
 - 1 lb organ meat, diced to mix in with meatballs & sausage

- **Produce**

- 5 lemons
- 2 - 4 heads of broccoli, chopped into florets
- 4 heads cauliflower, chopped into florets
- 1 lbs green beans
- 10 lbs carrots
- 8 leeks, sliced
- 2 shallots
- 1- 2 bags of onions
- 6 bulbs garlic
- 2 winter squash of choice, peeled & diced
- large bulb of fresh ginger
- turmeric root (optional for tea)
- 1 bunch each *fresh* dill, cilantro, basil, parsley, marjoram, basil
- 2 zucchini
- 1.5 lb. mushrooms, sliced
- 1 - 2 avocados
- 12 - 16 tomatoes, or 8 jars of diced tomatoes (glass jars)

- **Fermented foods**

- 1 qt. sauerkraut (juice 1/2 jar for stages 1 - 2)
- 1 qt. beet kvass
- 1 qt. pickles

- **Pastured eggs**

- 5 - 6 dozen

- 2 - 3 lb. plank of salmon (for making Swedish gravlax - optional)
- Sea salt
- Raw honey
- Tea
 - Ginger root (see produce list)
 - Chamomile
 - Mint
 - Turmeric root (see produce list)
- Crispy nuts (2 cups worth)
- Detox bath ingredients (rotation)
 - 4 cups epsom salts
 - 4 cups raw apple cider vinegar
 - 4 cups baking soda
 - 4 cups seaweed powder
 - 4 cups sea salt
- 1 - 2 enema kits
- Supplements
 - Chelated form of magnesium, like Biotics Mg-Zyme, to help constipation
 - Virgin Cod Liver Oil by [NutraPro](#) or [Rosita](#)
 - Probiotics (see [The Mother's Guide to Probiotics](#))
 - Betaine HCl (if needed for digestion)
- Juicer - for carrots & lemons, in case low blood sugar is an issue