



THE GALVESTON DIET

A TASTE OF THE GALVESTON DIET

5-DAY MEAL PLAN



5-DAY MEAL PLAN SHOPPING LIST:

1 Serving

PRODUCE

- 3 Lemons
- 1 Lime
- 1 Zucchini
- 5 oz bag Spinach
- 4 Avocados
- 1 bunch Celery
- 4 oz Carrots
- 1 small Cauliflower
- 1 small Broccoli
- 1 bag & 1 head Lettuce
- 1 head Collard, Swiss Chard or Kale
- 2 Tomatoes
- ¼ cup Grape Tomatoes
- 1 Green Bell Peppers
- ½ cup Mushrooms
- 2 Cucumbers
- 1 small bunch Asparagus
- 2 Portobello mushrooms
- 2 Onions
- 1 Shallots
- 1 small bunch Scallions or Chives
- 1 head Garlic
- 1 bunch each Parsley, Dill, Basil & Thyme
- ¼ cup Raspberries

MEATS

- 4 oz Flank Steak
- 6 Eggs
- 1 package Nitrate Free Bacon (pork/turkey)
- 1 Rotisserie Chicken
- ½ lb Shrimp
- ¼ lb Deli Roast Beef
- ⅓ lb Salmon Filets
- 4 oz 90% Lean Ground Beef

NUTS/SEEDS

- 1 tbsp Pistachios
- 2 tbsp Slivered Almonds
- ¼ cup Walnuts
- ¼ cup Chia
- 2 tbsp Pumpkin Seeds
- ¼ cup Pomegranate Seeds

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SHOPPING LIST: 1 Serving

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DAIRY

- 1 stick Butter
- 1 block Cheddar Cheese
- 8 oz Heavy Cream
- 1 block Parmesan Cheese
- 2 Cheese Sticks
- 4 oz Cream Cheese
- 1 block Mozzarella
- 6 oz Full Fat Plain Greek Yogurt

SPICES, SEASONINGS AND SWEETENERS

- Salt & Pepper
- Garlic Powder
- Blackened Seasoning
- Cumin
- Chinese 5 Spice
- Italian Seasoning
- Cinnamon
- Cardamom
- Everything Bagel Seasoning

OILS

- 16 oz Olive Oil

OTHER

- 32 oz Broth (your choice)
- 1 bottle Franks Red Hot Sauce
- 1 bottle Creamy Dressing*
- 1 bottle Low Sodium Soy Sauce
- 1 small bottle Dry White Wine
- 1 (15 oz) can Diced Tomatoes
- 1 (15 oz) cans Full Fat Unsweetened Coconut Milk
- 1 can Olives (your choice)
- 1 can each Kidney & Garbanzo Beans
- 1 small bottle Balsamic Vinegar
- 1 small bottle Vanilla Extract
- 1 bag Stevia or Monk fruit

5-DAY MEAL PLAN SHOPPING LIST:

4 Servings

PRODUCE

- 6 Lemons
- 1 Lime
- 4 Zucchini
- 1.5 - 2 lbs Spinach
- 7 Avocado
- 1 bunch Celery
- 1 lb Carrots
- 1 head Cauliflower
- 1 head Broccoli
- 1 bag & 1 head Lettuce
- 2 heads Collard, Swiss Chard or Kale
- 3 Tomatoes
- ½ cup Grape Tomatoes
- 1 Green Bell Peppers
- ½ cup Mushrooms
- 2 Cucumbers
- 1 bunch Asparagus
- 8 Portobello mushrooms
- 1 bag Onions
- 1 Shallots
- 1 bunch Scallions or Chives
- 1 head Garlic
- 1 bunch each Parsley, Dill, Basil & Thyme
- ¼ cup Raspberries

MEATS

- 1 lb Flank Steak
- 6 Eggs
- 2 packages Nitrate Free Bacon (pork/turkey)
- 2-3 Rotisserie Chickens
- 1-2 lbs Shrimp
- ½ lb Deli Roast Beef
- 1 lb Salmon Filets
- 1 lb 90% Lean Ground Beef

NUTS/SEEDS

- 4 tbsp Pistachios
- ½ cup Slivered Almonds
- 1 cup Walnuts
- 1 cup Chia
- ½ cup Pumpkin Seeds
- 1 cup Pomegranate Seeds

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SHOPPING LIST: 4 Servings

continued

DAIRY

- 6 tbsp Butter
- 1 block Cheddar Cheese
- 8 oz Heavy Cream
- 1 block Parmesan Cheese
- 8 Cheese Sticks
- 4 oz Cream Cheese
- 1 block Mozzarella
- 24 oz Full Fat Plain Greek Yogurt

SPICES, SEASONINGS AND SWEETENERS

- Salt & Pepper
- Garlic Powder
- Blackened Seasoning
- Cumin
- Chinese 5 Spice
- Italian Seasoning
- Cinnamon
- Cardamom
- Everything Bagel Seasoning
- Crushed Red Pepper Flakes
- Pumpkin Pie Spice *Make sure to avoid added sugars, artificial ingredients and inflammatory oils.

OILS

- 24 oz Olive Oil

OTHER

- 3 quarts Broth (your choice)
- 1 bottle Franks Red Hot Sauce
- 1 bottle Creamy Dressing*
- 1 bottle Low Sodium Soy Sauce
- 1 small bottle Dry White Wine
- 1 (15 oz) can Diced Tomatoes
- 3 (15 oz) cans Full Fat Unsweetened Coconut Milk
- 1 can Olives (your choice)
- 1 can each Kidney & Garbanzo Beans
- 1 small bottle Balsamic Vinegar
- 1 small bottle Vanilla Extract
- 1 bag Stevia or Monk fruit