



Master WILDFIT® Coach
Ariel Richards

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WEEK 1 Shopping List

Produce

- Asparagus spears, 18
- Hass avocados, 5 large
- Bell pepper, 1
- Broccoli, 1 large head
- Brussels sprouts
- Cauliflower, 1 medium
- Celery, 2 small stalks
- Daikon, 1 medium
- Eggplant, 1 medium
- Fresh ginger, 1 piece
- Fresh parsley, 1 bunch
- Kale, 1 large bunch
- Lemons, 5
- Lettuce mix, 1 small clamshell
- Lime, 2
- Coconut meat chunks (from frozen)
- Raspberries, 1.5 cups
- Romaine lettuce, 2
- Shiitake mushrooms (dried), 1 cup
- Spinach, 1 lrg clamshell
- Swiss chard, 1 sm bunch
- Zucchini, 2 medium

Animal Protein

- 3.3 lb oxtail or mixed with assorted bones (chicken feet, marrow bones, etc.)
- 1½ lbs Skin-on chicken thighs,
- ½ lb Ground beef
- Salmon filet, 10½ oz
- Uncured bacon, 12 strips
- 1/2 lb Chicken liver
- Tallow/ ghee

Pantry

- Ground Stevia leaves
- Avocado oil, ½ cup
- Balsamic vinegar, 2 tbsp
- Bay leaf
- Rooibos/ herbal Chai tea
- Ginger/ Peppermint/ your preferred herbal tea
- Mushroom coffee powder (reishi, lion's mane or chaga are best)
- Cacao butter
- Cacao powder
- Capers, small jar
- Cayenne pepper
- Coconut oil
- Eggs, large, 17
- Canned pumpkin puree, 1 lrg can
- Curry powder, ½ tsp
- Full-fat coconut milk, 4 cans
- Organic sugar free Garlic powder
- Baking powder
- Ground coriander
- Ground flaxseed, 2 cups
- Ground nutmeg
- Hulled hemp seeds
- Italian spice mix
- MCT oil
- Nutritional yeast, ½ cup
- Olive oil
- Organic sugar free Onion powder
- Sugar free Pickles
- Pumpkin seeds

- Raw pecans, 1 cup
- Raw walnuts, ⅔ cup
- Seaweed snacks
- Spices (*recipe book*)
- Stevia, raw powdered
- Sunflower seeds, 1 cup (100 g)
- Sugar Free Tomato sauce, 1 jar
- Unsweetened non-dairy milk
- Vanilla powder
- Apple cider vinegar
- Yellow mustard

List does not include your preferred Alkagizer ingredients

If you are a larger person, increase the recipe sizes to determine how much more meat and veggies you will need.

Vegans you can prepare yourself with vegetable broth and replace beef with mushrooms, chicken with chickpeas or lentils, fish with edamame, bacon with coconut and tallow with coconut or preferred oils

WEEK 1 | DAY 1

Intake: Calories: 1700 | Fat: 131g | Fiber: 24.2g | Carbs: 62.4g | Net Carbs: 38.2g | Protein: 70.5g
Ratio: Carbs: 15% | Fat: 70% | Protein: 15%

Break Fast: Fat Burn Elixir (recipe book)

MEAL 1

Raspberry Parfaits

- ⅓ cup (80 ml) full-fat coconut milk
- ¼ teaspoon ground vanilla bean powder
- ½ teaspoon raw, ground stevia
- 1 tablespoon crushed raw pecans
- 2 tablespoons chopped walnuts
- ¾ cup (75 grams) frozen raspberries saviour

Place the coconut milk, vanilla bean powder and stevia in a medium-sized bowl. Whisk for a minute or so. Top with pecans, walnuts, raspberries, and enjoy!

MEAL 2

Hemp Kale Salad

- 4½ oz (128 g) kale, chopped and washed under warm water
- 6 leaves romaine lettuce
- 2 large eggs, hard-boiled, peeled and sliced
- ¼ Hass avocado, sliced
- 2 tablespoons hulled hemp seeds
- ¼ cup (17 g) nutritional yeast
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- ½ teaspoon spice mixture
- Pinch gray sea salt
- Pinch ground black pepper

Place the kale, lettuce, eggs, avocado and hemp seeds into a large bowl. Set aside. Combine the nutritional yeast, olive oil, vinegar, spice mixture, salt and pepper in a small bowl until combined. The mixture will be quite thick. Transfer it to the salad bowl and toss to combine.

MEAL 3

Chicken Curry on Coconut Rice

- 140 grams raw skin-on chicken thigh, chopped
- 1 tablespoon coconut oil
- ¼ cup full-fat coconut milk
- ½ teaspoon Curry Powder Spice Mix (*recipe book*)
- Pinch gray sea salt
- Pinch ground black pepper
- ½ medium cauliflower, grated
- 2¼ oz (65 g) coconut meat, diced (frozen pieces or desiccated also works)

Place the chicken thigh pieces into a medium-sized pan with the coconut oil. Cook on medium heat until no longer pink, about 8 minutes. Add coconut milk, curry powder, salt and pepper. Reduce heat to low and simmer for 5 minutes. Meanwhile, add water to a small pot and bring to a boil. Add shredded cauliflower and boil for 1 minute. Drain completely before adding coconut meat and transferring to a plate. Top with curry and serve!

Snack

Bone Broth

(*recipe book*)

WEEK 1 | DAY 2

Calories: 1832 | Fat: 153g | Fiber: 32.2g | Carbs: 60.6g | Net Carbs: 28.4g | Protein: 71.6g
Ratio: Carbs: 13% | Fat: 72% | Protein: 15%

Break Fast: Fat Burn Elixir (recipe book)

MEAL 1

Blended "Coffee" or Tea

- 16 fl oz (475 ml) brewed mushroom coffee (or herbal tea)
- 1 tablespoon cacao butter
- ¼ teaspoon ground cinnamon

Place all ingredients into the jug of your high-powered blender and blend on high for 1 minute. Transfer to a mug and enjoy!

MEAL 2

Beef Patty with Fried Eggplant

- 4 oz (115 g) ground beef, shaped into a patty
- ¼ eggplant, sliced into coins
- 1 tablespoon avocado oil
- 4 asparagus spears
- ¼ Hass avocado, sliced
- Pinch gray sea salt
- Pinch ground black pepper

Heat a frying pan over medium heat. Add beef patty to the hot pan and cook until no longer pink, about 4 minutes per side. On the other side of the pan, add the avocado oil and sliced eggplant. Fry for 3 minutes per side, until crisp. When everything is about 2 minutes from completion, add asparagus spears otop of the eggplant, patties, or both (doesn't matter). Meanwhile, lay sliced avocado on a clean plate. When everything is cooked enough, transfer items from the pan to the plate, sprinkle with salt and pepper, and dig in!

MEAL 3

Coconut Chicken on Rice

- 2 tablespoons full-fat coconut milk
- 1 teaspoon lime juice
- Pinch gray sea salt
- Pinch ground black pepper

- 7 oz (200 g) skin-on chicken thighs
- 2 cups (475 ml) water
- 7 oz (200 g) cauliflower, grated
- ¼ cup cubed raw coconut meat (can be from frozen)
- 1 teaspoon coconut oil
- Pinch gray sea salt
- Pinch ground black pepper
- ¼ Hass avocado, sliced

12 to 24 hours before you're ready to cook, place the coconut milk, lime juice, salt and pepper into a medium-sized bowl. Whisk to combine. Add the chicken thighs, cover, and transfer to the fridge to marinate overnight. When ready to cook, preheat the oven to 400°F (205°C) and place marinated chicken thighs in a baking dish or cast-iron pan. Roast in the oven for 25 minutes, or until internal temperature reaches 165°F (74°C). Meanwhile, add water to a small pot, cover and bring to a boil. Add the shredded cauliflower and boil for 1 minute. Drain completely. Transfer back to the empty pot and mix in the coconut meat, coconut oil, salt, and pepper. Transfer the rice to a plate and serve alongside the chicken and sliced avocado.

SNACK/ DESSERT

Berry Nut Cup

- ¼ cup (25 g) mixed berries, sliced
- 14 raw walnut halves, roughly chopped
- 1 tablespoon hemp seeds

Place all ingredients into a small bowl and enjoy

Bone Broth or Alkagizer

WEEK 1 | DAY 3

Calories: 1766 | Fat: 146.1g | Fiber: 29.7g | Carbs: 50g | Net Carbs: 20.3g | Protein: 63.7g
Ratio: Carbs: 11% | Fat: 75% | Protein: 14%

Break Fast: Fat Burn Elixir (recipe book)

MEAL 1

Blended “Coffee” or Tea

- 16 fl oz (475 ml) brewed mushroom coffee (or herbal tea)
- 1 tablespoon cacao butter
- ¼ teaspoon ground cinnamon

Place all ingredients into the jug of your high-powered blender and blend on high for 1 minute. Transfer to a mug and enjoy!

MEAL 2

Chicken Salad Sandwich

- 3 oz (85 g) cooked skin-on chicken thigh meat, chopped
- 2 celery sticks, chopped
- 1 tablespoon MCT Mayonnaise
- Pinch gray sea salt
- Pinch freshly ground pepper
- 3 romaine lettuce leaves
- 2 slices Flaxseed Focaccia, sliced

Place chopped chicken in a small bowl with celery, mayonnaise, salt and pepper. Stir to combine. Place the chicken mixture on the bottoms of the focaccia slices. Top with a leaf of lettuce and another piece of sliced focaccia.

MEAL 3

One-Pan Eggs and Bacon with Avocado Fries

- 3 strips (85 g) uncured bacon
- 5½ oz (155 g) broccoli florets
- 4 asparagus spears
- ½ Hass avocado, sliced
- 2 large eggs
- Pinch gray sea salt
- Pinch freshly ground pepper

Place bacon in a large frying pan and cook on medium-low for 2 minutes, until fats begin to collect in the pan. Place avocado strips into the grease and cook for 2 to 3 minutes per side, until crisp. Remove the bacon, and cook eggs in the rendered fat. Add asparagus and broccoli florets to the pan, cover and cook until everything is complete. Top with salt and pepper, to taste.

SNACKS

Coconut Candies

- 2¼ oz (65 g) raw coconut meat, diced (dessicated coconut works too)
- ¼ cup (35 g) raw pecans, diced
- 1 tablespoon coconut oil, melted

Place all ingredients in a small bowl. Stir to combine. Divide mixture into a silicone candy mold and transfer to the freezer to chill for 1 hour.

Bone Broth or Alkagizer

(recipe book)

WEEK 1 | DAY 4

Calories: 1790 | Fat: 151.6g | Fiber: 27.2g | Carbs: 47.1g | Net Carbs: 19.9g | Protein: 63.6g
Ratio: Carbs: 10% | Fat: 76% | Protein: 14%

Break Fast: Fat Burn Elixir (recipe book)

MEAL 1

Blended Vanilla Coconut Coffee/Tea

- 16 fl oz (475 ml) brewed mushroom coffee (or herbal tea)
- 1 tablespoon MCT oil
- ⅓ cup (80 ml) full-fat coconut milk
- ¼ teaspoon vanilla powder
- ½ tsp raw ground stevia

Place all ingredients into the jug of your high-powered blender and blend on high for 1 minute. Transfer to a mug and enjoy!

MEAL 2

Cinnamon French Toast

- 1 tablespoon coconut oil
- 1 large egg
- ¼ cup (60 ml) unsweetened dairy-free milk
- ½ teaspoon ground cinnamon
- 2 slices Flaxseed Focaccia (*recipe book*)
- 2 tablespoons Fat Bomb Sunflower Pecan Butter (*recipe book*)

Place the coconut oil in a frying pan and heat on medium heat. Meanwhile, place the egg, milk and cinnamon in a medium sized bowl and whisk. Dip the Flaxseed Focaccia in the egg mixture, drenching completely by dunking in and out as needed. Transfer the soaked bread to the heated coconut oil in the pan and fry for 4 minutes total, 2 minutes per side, or until golden on both sides. Transfer the golden pieces to a plate and top with sunflower pecan butter.

MEAL 3

- Salmon with Tartar Sauce and Daikon Hash
- 7 oz (200 g) salmon filet
- Pinch gray sea salt
- Pinch ground black pepper
- 2 tablespoons MCT Mayonnaise (*recipe book*)
- 1 pickle, finely diced
- 1 tablespoon tallow
- 200 grams daikon, cubed
- 50 grams green bell pepper, diced small
- Pinch cayenne pepper
- Pinch gray sea salt
- Pinch ground black pepper

Preheat oven to 375°F (190°C). Place the salmon filet on a baking sheet or in a cast iron pan. Dust with salt and pepper. Bake for 10 to 12 minutes, until desired flakiness is reached. Meanwhile, make the tartar sauce by combining mayo and diced pickle in a small bowl. Prepare hash by placing tallow in a frying pan and preheating on medium heat. Once tallow is melted, add daikon, bell pepper, cayenne, salt and pepper into the pan. Fry for 5 to 7 minutes, until ingredients are browned. Transfer salmon and tartar sauce to a clean plate and set aside. Transfer to a plate with the salmon, and enjoy!

Snack

Bone Broth or Alkagizer
(*recipe book*)

WEEK 1 | DAY 5

Calories: 1890 | Fat: 168.8g | Fiber: 27.1g | Carbs: 51.8g | Net Carbs: 24.7g | Protein: 66.5g
Ratio: Carbs: 12% | Fat: 76% | Protein: 15%

Break Fast: Fat Burn Elixir (recipe book)

MEAL 1

Blended Vanilla Coconut Coffee/Tea

- 16 fl oz (475 ml) brewed mushroom coffee (or herbal tea)
- 1 tablespoon MCT oil
- ⅓ cup (80 ml) full-fat coconut milk
- ¼ teaspoon vanilla powder
- ½ tsp raw ground stevia

Place all ingredients into the jug of your high-powered blender and blend on high for 1 minute. Transfer to a mug and enjoy!

MEAL 2

Chicken Salad Romaine Cups

- 7 oz (200 g) cooked skin-on chicken thighs, chopped
- ⅓ cup (30 g) raw walnuts, chopped
- 1 tablespoon MCT Mayonnaise (*recipe book*)
- 1 celery stick, chopped
- Pinch fresh parsley leaves, chopped
- 4 large romaine lettuce leaves
- ½ cup (100 g) broccoli florets, steamed
- 2 tablespoons coconut oil
- Pinch gray sea salt
- Pinch ground black pepper

Combine chopped chicken, walnuts, mayo, celery and parsley in a bowl. Serve otop of lettuce leaves. Serve with steamed broccoli florets with coconut oil otop. Dust everything with salt and pepper

MEAL 3

Creamy Roasted Vegetables and Avocado Fries

- 3 strips (85 g) uncured bacon, cooked until crisp and crumbled (retain bacon grease!)
- ½ eggplant, chopped
- 1 cup (100 g) Brussels sprouts, halved
- 2 leaves kale, chopped
- 6 leaves romaine lettuce, chopped
- 1 tablespoon MCT Mayonnaise (*recipe book*)
- 1 hard-boiled egg
- ½ Hass avocado, sliced
- 1 tablespoon tallow
- Pinch gray sea salt
- Pinch ground black pepper

Use the grease from the bacon to roast the vegetables. Preheat the oven to 400°F (205°C) and coat eggplant and Brussels sprouts in the grease. Roast in a preheated oven for 20 to 25 minutes. During the last 2 minutes, add chopped kale. Remove from the oven and allow the veggies to cool, before adding to a bowl with bacon bits, romaine, mayo and egg. Meanwhile, add tallow to a frying pan and heat on medium heat. Add sliced avocado and dust with salt and pepper. Fry for 3 minutes per side, until crisp. Serve salad with a side of the fried avocado.

SNACK

Bone Broth or Alkagizer

(*recipe book*)

WEEK 1 | DAY 6

Calories: 1760 | Fat: 147.4g | Fiber: 28g | Carbs: 47.2g | Net Carbs: 19.2g | Protein: 77.2g
Ratio: Carbs: 10% | Fat: 73% | Protein: 17%

Break Fast: Fat Burn Elixir (recipe book)

MEAL 1

Blended Vanilla Coconut Coffee/Tea

- 16 fl oz (475 ml) brewed mushroom coffee (or herbal tea)
- 1 tablespoon MCT oil
- ⅓ cup (80 ml) full-fat coconut milk
- ¼ teaspoon vanilla powder
- ½ tsp raw ground stevia

Place all ingredients into the jug of your high-powered blender and blend on high for 1 minute. Transfer to a mug and enjoy!

MEAL 2

Eggs and Bacon with Meadow Salad

- 1 teaspoon tallow
- 1 cup (36g) Swiss chard, chopped
- 2 eggs, whipped
- 4 strips (113 g) uncured bacon
- ¼ Hass avocado, sliced
- 2 oz (55 g) lettuce mix
- 1 tablespoon pumpkin seeds
- 1 tablespoon extra-virgin olive oil
- Pinch gray sea salt
- Pinch ground black pepper

Place tallow in a frying pan and melt on medium heat. Add chard and whipped egg. Scramble it about with a fork. Meanwhile, cook the bacon and transfer with sliced avocado to a clean plate, alongside lettuce mix topped with pumpkin seeds and olive oil. Transfer the cooked eggs to the plate and drizzle with the leftover bacon grease. Dust everything with salt and pepper and dig in.

MEAL 3

Salmon Salad

- 3½ oz (100 g) salmon, grilled
- 1 cup (225 g) raw spinach
- ¼ Hass avocado
- 2 tablespoons capers
- 2 tablespoons extra-virgin olive oil
- 10 asparagus spears, steamed
- 1 single serving pack of seaweed sheet snacks, ripped into pieces
- Pinch gray sea salt
- Pinch ground black pepper

Place all of the ingredients in a large bowl and enjoy!

SNACK

Bone Broth or Alkagizer

(recipe book)

WEEK 1 | DAY 7

Calories: 1798 | Fat: 145g | Fiber: 24.6g | Carbs: 51.1g | Net Carbs: 26.5g | Protein: 72.4g
Ratio: Carbs: 11% | Fat: 73% | Protein: 16%

Break Fast: Fat Burn Elixir (recipe book)

MEAL 1

Chocolatey Chai Tea

- 16 fl oz (475 ml) steeped herbal chai tea
- 2 tablespoons cacao butter
- 1 tablespoon coconut oil
- 1 tablespoon cacao powder
- ½ tsp raw stevia powder

Place all ingredients into the jug of your high-powered blender and blend on high for 1 minute. Transfer to a mug and enjoy!

MEAL 2

Spiced Pumpkin Soup with Buttered Toast

- 1 serving Spiced Pumpkin Soup (*recipe book*)
- 2 slices Flaxseed Focaccia (*recipe book*)
- 1 tablespoon coconut oil
- Pinch gray sea salt
- Pinch ground black pepper

Serve soup with a side of focaccia. Slather coconut oil on top of the bread and sprinkle with salt and pepper.

MEAL 3

Beef and Bell Pepper Pasta

- 1 tablespoon tallow
- 4 oz (115 g) ground beef
- ¼ medium bell pepper, diced
- ⅓ cup (75 g) tomato sauce
- ½ cup (115 g) spinach
- ½ teaspoon Italian spice mix (*recipe book*)
- 2 tablespoons nutritional yeast
- Pinch gray sea salt
- Pinch ground black pepper
- 1 medium zucchini, spiral sliced

Place tallow in a frying pan and melt on medium. Add ground beef, cooking until no longer pink, about 5 minutes. Add bell pepper and sauté for 3 minutes. Add tomato sauce, spinach, and seasoning. Reduce heat to low, cover, and simmer for 15 minutes. Stir in nutritional yeast, salt and pepper. Serve over zucchini noodles.

SNACK

Bone Broth or Alkagizer

That's it for Week One!

Remember our aims are to:

- Slowly lower carbohydrates
- Give the body lots of dietary fat (fueling the fire)
- Create a feeling of variety and abundance
- Get clear on our optimal intake of net carbohydrates, fats and proteins for our body, goals and activity level

This is your season of SPRING. If you don't like one of these recipes or just feel it is not right for you, go ahead and swap it out. We always want to fine tune our Season of Spring to work for us. This plan may have too much energy, fat or net carbohydrates for your personal needs- and that is okay. You can easily modify the recipes to have a bit more or less of what you need. Worst case scenario, you end up with some leftovers!

Looking forward to guiding you through Week One of our Season of Spring.

with warmth & wisdom,

Ariel Richards

