



Overcoming Estrogen Dominance

Shopping List

Weeks One and Two

WELLENA.COM

Week 1 Shopping Guide

Common Items

Before you go shopping - check your supply, you may have some of these staples in your kitchen.

- 6 tablespoons ground cumin
- 5.5 tablespoons sea salt
- ½ teaspoon onion powder
- 26 cloves garlic
- 3 teaspoons dried oregano
- 2.5 teaspoons black peppercorns
- 2 bay leaves
- 1/4 cup ground coriander
- 1/4 cup ground thyme
- 1 teaspoon dried rosemary
- 5 cups extra virgin olive oil
- 1/3 cup tahini
- 1.5 cups ghee
- 4 tablespoons raw honey
- 1.5 cups apple cider vinegar
- 1 teaspoon aluminum-free baking powder

Fruit

- 7 lemons
- 7 avocados
- 4 limes

Vegetables

- 1/3 cup kalamata olives
- 2 sweet potatoes
- 4 red onions
- 4 cups microgreens
- 4 cups Brussels sprouts
- 2 cups butternut squash
- 5 carrots
- 4 celery stalks
- 3 cups kale
- 5.5 cups broccoli sprouts
- ½ pound greens (arugula, mizuna, baby kale, or baby spinach)
- 1/3 cup wakame
- 3 cups arugula or bitter greens
- 1 medium turnip
- 4 shallots
- 7 cups collard greens
- 6 cups baby arugula
- 2 medium heads cauliflower
- 2 cups broccoli florets
- 1 cup shiitake mushrooms
- 1 cup bok choy
- 1 small purple cabbage
- 2 cups sauerkraut

Meat

- 1 pound 85% lean grass-fed ground beef
- 4 large pieces bone-in skin on chicken thighs
- 6 pounds beef, chicken, pork, or lamb marrow/bones/ knuckle bones/short ribs
- (2) 8 ounces bone-in pork chops
- 1 pound ground beef, lamb, bison, turkey or a combination of any
- 3 ounces pasture-raised uncured bacon
- (2) 6 ounces strip steaks
- 1 pound boneless skinless chicken thighs

Seafood

- 1 pound salmon
- 2 ounces smoked salmon

Herbs/Spices

- 4.5 cups cilantro
- 8 cups fresh parsley
- 5 sprigs fresh thyme
- 8 tablespoons fresh ginger
- 8 inches kelp strips
- 3 sprigs fresh rosemary
- 1/4 cup sumac or ground dried lemon peel
- 1 teaspoon smoked sea salt
- ½ cup fresh tarragon
- 1 cup fresh basil
- 1.5 pounds fresh turmeric OR
- 3 tablespoons dried turmeric
- 1 tablespoon chives
- 2 tablespoons fresh dill
- 2 tablespoons calendula
- 2 tablespoons peppermint
- 4 tablespoons chamomile
- 2 tablespoons plantain
- 3 teaspoons licorice
- 1 tablespoon California poppy
- 1 tablespoon passionflower
- 1 tablespoon skullcap OR lemon balm
- 1 teaspoon lavender buds
- 2 tablespoon red clover
- 2 tablespoons red raspberry
- 2 tablespoons nettles
- 1 teaspoon hibiscus
- 1 tablespoon dandelion OR burdock root
- 1 tablespoon milk thistle
- 1 tablespoon turmeric root
- 1 teaspoon schizandra berry

Flour/Powder

- 1 teaspoon coconut sugar
- 1 teaspoon rice flour
- 1 cup gluten-free flour
- 2 cups sprouted or regular chickpea flour

Grain/Lentils

- 4.5 cups raw buckwheat groats
- 1 can chickpeas
- 3 cups white beans (canned beans are OK if from non-BPA can or glass jar)
- 4 cups brown rice

Seeds/Nuts

- 6 tablespoons pumpkin seeds
- 3 tablespoons ground fennel seed
- 9 tablespoons sesame seeds
- 1 tablespoon car seeds
- 2 tablespoons shelled sunflower seeds
- 1 cup pomegranate seeds
- 4 tablespoons fennel seeds
- ½ cup raw walnuts
- 7 tablespoon flax seed

Other

- 2.5 cups mineral water

Optional

- ½ unsweetened tart cherry juice
- 3 tablespoons kudzu root powder
- ½ teaspoon almond extract
- 9 tablespoons pure maple syrup
- 2 2/3 cups extra unsweetened almond milk
- ½ cup raw sliced almonds
- ½ cup pitted and halved cherries
- 1 cup dried figs
- ½ cup sunflower seed butter
- 3 tablespoons raw cacao nibs
- 2 tablespoons hemp hearts
- 1 cup blanched almond flour
- ½ cup extra gluten-free flour blend
- ½ cup unsweetened cacao powder
- 2 teaspoons extra aluminum free baking powder
- 2 teaspoons vanilla extract

Week 2 Shopping Guide

Common Items

Before you go shopping - check your supply, you may have some of these staples in your kitchen.

- 1 tablespoon ground turmeric
- 4 tablespoons sea salt
- 2 teaspoons ground black pepper
- 1 teaspoons ground ginger
- 28 cloves garlic
- 1 teaspoon dried oregano
- 1.5 teaspoons ground coriander
- 1/4 cup apple cider vinegar
- 7 teaspoons raw honey
- 2 cups plus 1 tablespoon extra virgin olive oil
- 2/3 cup ghee
- 1/3 cup tahini
- 4 teaspoons ground cumin

Fruit

- 5 lemons
- 3 avocados
- 5 limes

Vegetables

- 1/3 cup kalamata olives
- 10 carrots
- 1 bunch collard greens, kale or chard
- 6 ounces asparagus
- 5 cups arugula
- 3.5 cups broccoli sprouts
- 2 cups shiitake mushrooms
- 2 cups celery
- 2 cups white onion
- 1 red onion
- 2 cups kale
- 1/3 cup wakame
- 1 turnip
- 2 shallots
- 2 beets
- 1 can chickpeas
- 6 cups sweet potatoes
- 2 heads cauliflower
- 1 cup sauerkraut

Meat

- 4 strips bacon
- 2 pounds beef stew meat
- 4 large bone-in, skin-on chicken thighs
- (2) 8 ounces bone-in pork chops
- (2) 6 ounces strip steaks

Seafood

- 1 pound salmon
- (2) 6-ounces cod filets
- 6 ounces sockeye smoked salmon
- 4 anchovies

Herbs/Spices

- 5 teaspoons whole cumin
- 2 cups fresh cilantro
- 2 sprigs fresh rosemary
- 3 sprigs fresh thyme
- 3 cups fresh parsley
- 1.5 cups fresh basil
- 3 tablespoons fresh ginger
- 3 tablespoons chamomile
- 1 tablespoon California poppy
- 1 tablespoon passionflower
- 1 tablespoon skullcap or lemon balm
- 1 teaspoon lavender buds
- 1 tablespoon dandelion root or burdock root
- 1 tablespoon milk thistle
- 1 tablespoon turmeric root
- 1 teaspoon schizandra berry
- 2 tablespoons red clover
- 2 tablespoons red raspberry leaves
- 2 tablespoons nettles
- 1 teaspoon hibiscus
- 2 teaspoons licorice root
- 1 tablespoon calendula
- 1 tablespoon peppermint
- 1 tablespoon plantain

Oils/Vinegar/Sauce

- 1 quart + 3 cups chicken stock (or bone broth)
- 2 cups beef bone broth
- 1 cup coconut aminos
- 3 tablespoons toasted sesame oil
- 2 tablespoons rice vinegar
- ½ cup unsalted and unsweetened creamy cashew or almond butter

Flour/Powder

- 3 tablespoons gluten-free flour
- 2 scoops collagen

Grain/Lentils

- 1.5 cups red lentils
- 2 cups raw buckwheat groats
- ½ cup uncooked quinoa

Seeds/Nuts

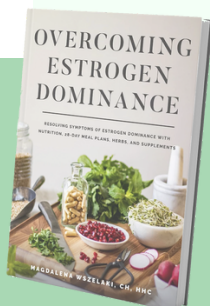
- 3/4 cup sesame seeds
- 5 tablespoons flax seeds
- 1 tablespoon caraway seeds
- 2 tablespoon sunflower seeds
- ½ cup cashews
- ½ cup raw walnuts
- 2 teaspoons fennel seeds

Other

- 2.5 cups mineral water

Optional

- Preserved lemon
- 4 cups unsweetened dairy free milk (like almond milk)
- 1/4 cup chia seeds
- 2 tablespoons pure maple syrup
- or extra raw honey
- 1 cup mixed berries (blueberries, blackberries, strawberries, raspberries)
- ½ cup unsweetened tart cherry juice
- 3 tablespoons kudzu root powder
- ½ teaspoon almond extract
- 3 tablespoons pure maple syrup
- 1 cup raw sliced almonds
- ½ cup pitted halved cherries
- 12 oz. dark chocolate chips (over 70% cacao)
- 1/4 ounces dried dong quai
- 1 tablespoon extra sesame seeds
- 1 tablespoon pumpkin seeds
- 2 tablespoons dried cherries or cranberries
- 32 ounces fresh strawberries
- 1 inch extra fresh ginger
- 2 extra limes
- 3 tablespoons gelatin



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