

Diet Doctor Ingredients list



Protein

Ground turkey, 350 g
Chicken breast, 450 g
Bacon, 75 g
Sirloin steak, 350 g
Boneless chicken thighs, 350 g
Chicken thigh (bone-in with skin), 450 g
Pork shoulder, 300 g
Chicken breast, bone-in with skin, 220 g

Eggs

Egg, 1/2

Produce

Yellow onion, 1/4
Green cabbage, 1 kg
Garlic clove, 3
Sugar snap peas, 200 g
Tomato, 2
Avocados, 1
Lime, 1
Arugula lettuce, 60 g
Leeks, 45 g
Lemon, 1/2
Leafy greens, 85 g
Fresh ginger, 14 g

Spices and seasonings

Salt,
Ground black pepper,
Dried thyme,
Sea salt,

Pepper,
Paprika powder, 12 g
Cayenne pepper,
Ground nutmeg,
Garlic powder,
Italian seasoning,
Bay leaf, 1/3
Black peppercorn,

Fats and oils

Butter, 375 g
Olive oil, 5 1/3 tbsp

Pantry

Tomato paste,
Red wine vinegar, 1/2 tsp
Red wine, 40 ml
Lemon juice, 1 1/5 tbsp
Capers, 13 g

Fresh herbs

Fresh parsley,

If necessary

Water, 240 ml

Dairy

Heavy whipping cream, 120 ml