

Shopping List

September 18-24, 2017

Twice Baked Goat Cheese & Chive Potatoes

6-8 Small Yukon Gold Potatoes
Trader Joe's Creamy Cheese (this is their goat cheese version of cream cheese)
some type of hard goat cheese that can be grated (optional)
chives (or green onions)
ghee
EVOO

Italian Wedding Soup (Kinda)

Italian turkey meatballs (we made these last week and saved some in the freezer for the soup this week - recipe on the blog)
EVOO
onion
carrots
celery
chicken stock
white wine
spinach
GF pasta
Redmond organic real seasoned salt
Dill

Cider Brined Pork Tenderloin with Apples, Carrots & Asparagus

pork tenderloin
carrots
Pink Lady or Honeycrisp apples
freshly squeezed orange juice
EVOO
For the cider: apple juice, cinnamon, honey, cloves
For the brine: the cider you just made, cinnamon stick, peppercorns, coriander seeds, crushed red peppers & garlic asparagus

The Leftover Pork Tenderloin Salad

Lettuce
Leftover pork tenderloin
EVOO
Balsamic or cider vinegar

All the goodies you want to add: veggies, nuts, fruits...

Bison Shepherd's Pie

bison
onion
frozen peas
carrots
celery
garlic
tomato paste
beef broth
Worcestershire sauce
steak seasoning
russet potatoes
Parmesan cheese
coconut milk creamer
hot sauce

Whataburger's Fried Chicken Salad

chicken
seasoned salt
certified GF oat flour, or any type of flour you want to use to coat the tenders
EVOO and coconut oil for frying
iceberg lettuce
carrots
tomatoes
cukes
Follow Your Heart vegan sour cream + ranch spices

Salt (we use a mix of Himalayan pink salt and iodized salt)
Freshly ground pepper or ground white pepper
We choose all the spices, veggies, and pretty much everything we can find that are organic or even non-GMO to try to avoid potential glyphosate residue or antibiotics. We try to avoid preservatives, additives, chemicals, endocrine disrupters, and eat as clean as possible when we make food choices.