

Shopping List

Nov 6-12, 2017

Veggie Fajita Bowls

basmati rice
garlic
1 cup chicken stock
cilantro
agave
lime juice
ranchero beans (non-BPA can)
frozen corn
fajita seasoning
red bell pepper
zucchini
sweet onion
jalapeño
Poblano pepper (if available)

Skinnytaste Lasagna Soup

14oz sweet Italian chicken sausage
onion
garlic
fresh parsley
fresh basil
3 cups chicken stock
marinara sauce (homemade with tomato sauce, Italian seasoning, wine, agave, fresh basil, red pepper flakes)
bay leaves
gluten-free pasta
Halloumi cheese
Parmesan cheese

Roasted Stuffed Squash

Delicata and/or acorn squash
chorizo
wild mushrooms
frozen kale
goat cheese

Beef Stew

grass-fed stewing beef
onion
gluten-free flour (garbanzo bean)
red wine

2 cups beef broth
tomato paste
thyme
bay leaf
garlic
carrots
potatoes
GF Worcestershire sauce
green beans

Mini Pepperoni Pizzas

Little Northern Bakehouse hamburger buns
ghee
garlic powder
tomato paste
Italian seasoning
Trader Joe's sliced goat's milk Dutch cheese
Parmesan cheese
Applegate sliced pepperoni

Greek Salad

lettuce
Persian cucumbers
tomatoes
olives
fresh basil, thyme and oregano
dolmas
Applegate salami and pepperoni
goat cheese feta
shallots
aceto balsamico di Modena
garlic infused EVOO
EVOO

Salt (we use a mix of Himalayan pink salt and iodized salt) & freshly ground 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, antibiotics, preservatives, additives, chemicals and endocrine disrupters.