

Appendix D

HANDY SHOPPING LIST FOR THE 21-DAY ADVENTURE AT THE TABLE

This list includes all the main items you'll need for the recipes. Staples like salt, pepper, olive oil, and butter are not included in the list.

To download these shopping lists to your phone or other mobile device visit <http://oursavorylife.com/come-eat-grocery-list/>.

Day 1: The Easiest and Tastiest Roast

1 (3-pound) chuck roast

1 (16-ounce) jar pepperoncinis

Garlic cloves

Day 2: Cheesy Fontina Dip

Fontina cheese (1 1/2 pounds)

Garlic cloves

Fresh thyme leaves (1 tablespoon minced)

Fresh rosemary leaves (1 teaspoon minced)

COME AND EAT

Carrots, green apples, cauliflower, broccoli, or other veggies for dipping

Day 3: Easy, Delicious Bolognese Sauce with Sweet Potato Noodles

1/2 red onion

Ground beef, 80 percent lean (1 pound)

Garlic cloves

Dried oregano

Crushed red pepper, optional

Dry red wine or beef stock (1 1/4 cups)

1 (28-ounce) can crushed tomatoes

Tomato paste (2 tablespoons)

Heavy cream (1/4 cup)

Parmesan cheese (1/2 cup finely grated)

1 sweet potato or 1 (16-ounce) package spaghetti noodles

Day 4: Balsamic Glazed Pork

1 (2- to 3-pound) boneless pork tenderloin

Chicken or vegetable broth (1 cup)

Balsamic vinegar (1/2 cup)

Apple cider vinegar (2 tablespoons)

Honey (1 tablespoon)

Garlic cloves

1 yellow onion

Basmati rice (1 1/2 cups)

Eggs (5 to 6)

Day 5: Chicken Curry with Cauliflower Rice

2 medium onions

Garlic cloves

APPENDIX D

Fresh ginger (1 tablespoon peeled and finely minced)
Curry powder
Ground cumin
Cayenne pepper, optional
2 (8-ounce) boneless, skinless chicken breasts
1 (14.5-ounce) can diced tomatoes
Full-fat, canned coconut cream ($\frac{3}{4}$ cup)
 $\frac{1}{4}$ pound cashews (1 cup)
1 head cauliflower or basmati rice
Chicken broth or stock ($\frac{1}{4}$ cup)
Garlic powder
Golden raisins (1 cup)

Day 6: It's Done Already? Chicken Salsa Soup

White onion
Garlic cloves
Chicken broth or stock (6 cups)
2 limes
Rotisserie or precooked chicken (2 cups shredded)
1 (15-ounce) can white cannellini beans, optional
Frozen corn, optional (1 cup)
1 (16-ounce) jar tomatillo salsa
Toppings: hot sauce, sour cream, shredded Cheddar cheese, fresh cilantro, avocado, and limes

Day 7: Cilantro Lime Fish Tacos

Garlic cloves
Cilantro leaves (1 cup)
2 limes
Ground cumin
1 pound mahi mahi

COME AND EAT

Corn tortillas

Toppings: sour cream, extra cilantro for garnish, salsa, limes,
cheese, avocados

Day 8: Thin Crust Pizza

Tapioca flour (1 cup)

Potato flour (1/4 cup)

Dried Italian herbs

Garlic powder

Parmesan cheese, optional (1/4 cup finely grated)

Powdered unflavored gelatin (1 teaspoon)

1 egg

Harissa oil or crushed red pepper, optional

Fleur de sel, optional

Toppings: pizza sauce, mozzarella cheese, pepperoni, bell peppers,
red onions

Day 9: White Chicken Chili

Coconut oil

1 onion

Cooked chicken (2 cups shredded)

Garlic powder

Chicken broth or stock (2 1/4 cups)

1 (15.5-ounce) can Great Northern beans

Frozen corn, optional (1 cup)

4 ounces fresh roasted and chopped green chiles (or one 4-ounce
can chopped green chilies)

Ground cumin

Dried oregano

Cayenne pepper

Plain Greek yogurt (1 cup)

Heavy whipping cream (1/2 cup)

Day 10: A Paleo Breakfast Recipe:

Sweet Potato Hash

Bacon, optional (5 strips)

2 large sweet potatoes

Onion powder

Coconut oil

1 red or white onion

1/2 poblano pepper

Garlic cloves

Eggs (2 to 4)

Day 11: The Best Burger Recipe

Worcestershire sauce

Garlic powder

Onion powder

2 1/2 pounds ground chuck, 80 percent lean

Toppings: Cheddar cheese, fresh tomatoes, red onion,
avocados

Day 12: Stuffed Bell Peppers

Coconut oil or olive oil

1 (8-ounce) package baby bella mushrooms, optional

1/2 medium red onion

1 small zucchini, optional

1 carrot, optional

1 pound ground beef, 80 percent lean

Garlic cloves

Marinara sauce (1 1/2 cups)

Handful spinach

Crushed red pepper, optional

4 bell peppers

Parmesan cheese, optional

Day 13: Wedge Salad with Homemade Herb Dressing

3 green onions
Fresh basil leaves (1/2 cup chopped)
Fresh dill (1 tablespoon chopped)
Lemon
Dijon mustard
Garlic cloves
Plain Greek yogurt (1/2 cup)
Heavy whipping cream (1/2 cup)
Iceberg lettuce or salad greens
Cherry tomatoes
Bacon
Red onion
Shredded sharp Cheddar cheese

Day 14: Honey Mustard Chicken Bake with Roasted Veggies

Honey (1/3 cup)
Dijon mustard (1/3 cup)
Apple cider vinegar
4 chicken thighs or 2 (8-ounce) chicken breasts
Garlic cloves
1 bunch broccoli
3 carrots
1 red onion

Day 15: Butternut Squash Lasagna

1 red onion
1 pound ground beef, 80 percent lean
Garlic cloves
1 (24-ounce) jar marinara sauce
1 small butternut squash
1 pound fresh mozzarella

Day 16: Chicken Pot Pie Soup

1/2 yellow onion

4 carrots

4 ribs celery

Cooked chicken or turkey (3 cups shredded) or 2 pounds chicken breasts

Arrowroot or cornstarch

Dried Italian herbs

Dried sage

Low-sodium chicken broth (2 1/2 cups)

Heavy whipping cream or half-and-half (1/4 cup)

Frozen peas, optional (1/2 cup)

Day 17: Hearty Beef Chili

Bacon (4 to 5 strips)

1 red bell pepper

1 poblano pepper

1 red onion

Garlic cloves

1 jalapeño

1 1/2 pounds ground sirloin or ground beef, 80 percent lean

Tomato paste (2 tablespoons)

Chili powder

Ground cumin

Cayenne pepper

Red wine, beef stock, or beer (1/2 cup)

1 (28-ounce) can crushed tomatoes

1 (15-ounce) can black beans, optional

Day 18: Turkey Burgers with Sweet Potato Fries

1 large or 2 small sweet potatoes

Garlic powder

COME AND EAT

1 pound ground chicken or ground turkey
Fresh dill (1/2 tablespoon chopped)
Fresh chives (1 tablespoon chopped)
Lemon
Garlic cloves or garlic powder
Dried Italian herbs
Coconut oil or olive oil

Day 19: Stuffed Butternut Squash

1 butternut squash
Coconut oil or olive oil
1/2 red onion
1 apple
Garlic cloves
1 pound ground turkey
(or ground chicken or ground pork)
Crushed red pepper
Fresh sage (1 teaspoon chopped)
Grated Parmesan cheese (optional)

Day 20: Chicken “Noodle” Soup

Coconut oil or olive oil
3 carrots
3 ribs celery
1 small onion
Garlic clove
Cooked chicken (2 to 3 cups shredded)
Dried oregano
Chicken broth or stock (6 cups)
Fresh thyme (3 sprigs)
1 bay leaf
2 zucchini

APPENDIX D

Day 21: Creamy Chicken Piccata

Coconut oil or olive oil

2 boneless, skinless chicken breasts (8 ounces each)

Garlic cloves

Chicken broth or stock (1 1/4 cups)

Heavy whipping cream or half-and-half (1/2 cup)

Parmesan cheese (1/3 cup finely grated)

Capers (2 tablespoons)

1 lemon

Noodles or vegetables