



GROCERY LIST WEEK 4

Produce:

Celery
Head of garlic
Butternut squash
Carrots
Parsnips
Large onion (2)
Fresh thyme
Spinach
Bananas
Apples
Carrots
Celery (2 bunches)
Whole garlic (2)
Fruit and veggies for snacking
Sweet potatoes (3-4)
Broccoli
Large head cauliflower

Butcher:

3 boneless skinless chicken breast
1 lb. ground Italian sausage
3-4 pound roast (chuck roast)

Miscellaneous:

Quinoa
2 cans stewed tomatoes (no sugar)
1 can diced tomatoes (no sugar)
2 cans black beans
Stevia/truvia
Chili powder
Cumin
Red pepper flakes
1 bag green lentils
5 boxes chicken broth (low sodium, organic)
2 boxes chicken stock (low sodium, organic)
Balsamic vinegar
Freshly ground nutmeg
Aminos

Dairy:

Eggs
Grassfed butter (or ghee)
Unsweetened Coconut/almond milk

Quinoa Chicken Chili

Ingredients:

1 cup rinsed, uncooked quinoa
3 boneless, skinless chicken breasts
2 cans stewed tomatoes
1 can diced tomatoes
2 cans rinsed and drained black beans
2 tsp chili powder
3 tsp cumin
2 tsp red pepper
1 tsp salt
1 tsp pepper
1 cup chicken broth

Directions:

Put all of the above in crockpot
Cook on low for 6-8 hours
Remove chicken and shred. Return chicken to crockpot and mix together.
Top with Avocado slices.

Lentil Soup

Ingredients:

Whole head celery (finely chopped)
Whole head of garlic (finely chopped)
1 bag green lentils
2 boxes chicken broth
2 boxes chicken stock
1 tsp oregano

Directions:

Sauté garlic and celery in olive oil
Boil lentils in 2 boxes chicken broth until rolling boil
Add remaining chicken stock, garlic, celery and tsp oregano

Low heat for 4-6 hours until lentils are tender.

Add salt to taste.

Winter Vegetable Soup

Ingredients:

1 lb. sweet ground Italian sausage

1 tbsp. olive oil

2 cups peeled and cubed butternut squash (Cut into one inch pieces)

1.5 cups peeled sliced carrots (1 inch pieces)

1.5 cups peeled and sliced parsnips (could substitute sweet potatoes if you want)

1 large onion, diced

3 garlic cloves, chopped

1 tbsp. chopped fresh thyme

4 cups low sodium, organic chicken broth

¾ tsp sea salt

¼ tsp black pepper

4-5 packets of truvia/stevia

Directions:

- Heat olive oil over medium heat and cook sausage for 8-10 minutes until browned.
- Stir in butternut squash, carrots, parsnips, onion, garlic and thyme
- Cook 5 minutes, stirring occasionally.
- Add chicken broth, 1 cup water and spelt
- Add truvia/stevia
- Bring to a boil
- Reduce heat to a simmer and cook, covered for 30 minutes. Stir in salt and pepper.