

Inspiring you to eat well

Nourishing Foods Menu Planner



Sample Week

Common Allergen Free Menu
Meat and Seafood Version

Created by

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www.HeartofCooking.com

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Menu for the week:

- Salmon with Creamy Herb Pesto Sauce and Spinach Walnut Salad
- Nourishing Chicken Veggie Soup and Baked Butternut Squash
- Linguini with "Alfredo" Sauce and Steamed Broccoli and Herb Butter
- Pesto Chicken with Sauteed Mushrooms and Leeks
- Thai Style Burgers and Ginger Roasted Carrots
- Dessert: Blueberry Muffins
- Bonus recipe: Chicken Broth

*Welcome!*

Congrats on giving yourself the gift of this menu planner! I created this sample menu so that cooking for yourself and your family with limited ingredients becomes much easier and very delicious!

I made this menu free of most common allergens such as wheat, gluten, dairy, soy, eggs, sugar, shellfish, peanuts, legumes and corn.

The menu is also practically grain-free with the exception of "Linguini with Alfredo Sauce." However, if you are grain-free, you can make zucchini "noodles" by peeling zucchinis with a vegetable peeler (I don't use the seeded parts). Then saute the noodles in olive oil and add a little salt. Cook until bright green but wilted.

And if you are also avoiding nightshade veggies such as potatoes, tomatoes, bell peppers and eggplant, most of the recipes are free of these ingredients! For the chicken soup, use sweet potatoes instead of Yukon gold potatoes.

And while you may not be free of all of these foods in your diet, you can easily add dairy products or other foods to the recipes that you enjoy if you can eat them.

This menu is for anyone who is looking for a healthy, nourishing and balanced meal plan for the week. You don't have to have food allergies or limitations to enjoy these beautiful and nourishing meals, either by yourself or with family and friends. So dig in! And be sure to read the following tips.



Let's Get Organized!

I find that if I don't put things where I can find them, they have a way of disappearing underneath the sofa.

I also find that if something is not right in front of me, I will tend to forget about it unless I get gentle reminders about it.

The funny thing is I go blank when thinking about dinner all the time. And this is after spending the day working on recipes and menu planners.

Then I suddenly remember that I have a menu planner just waiting for me to use. And somehow I managed to shop for the ingredients that week.

So, here are some tips on getting and staying organized, which is the only way you are going to end up using this menu planner the way it was intended!

#1. Print the menu planner!

I know this may appear simple and a like a no-brainer. But really, this is the first step. Go ahead, hit the Print button! (Start on page 3)

#2. Get a 3-ring notebook and at least 15 sheet protectors.

(They have been added to this menu planner shopping list for your convenience!) Then put the recipes, back-to-back, in the sheet protectors and then put them in the 3-ring notebook. Place the notebook in the kitchen in a place where you can find it easily.

The sheet protectors are optional but they preserve the recipes so that you can use them many times without worrying about spilling on them.

#3. Peruse the menu planner.

Make sure you want to make all the recipes or see if you'd like to change a recipe. Make any adjustments on the shopping list by deleting or changing ingredients that correspond with the recipes you don't want to use or you'd like to change.

#4. Put the shopping list in your purse, briefcase, backpack, or whatever you carry your “important” items around in.

#5. Plan a day to go shopping.

You may already have this in place in your life as your once a week chore to shop for the week. Or you may be in the habit of going to the store every other day because you forget to buy certain items, or you can't seem to plan ahead for dinner for the next week or so.

Whatever the case, plan ahead to go shopping for this week's menu planner and then make it a date.

#6. Start cooking!

There is no time like the present to start your new habit of creating healthy and home-cooked meals. Start with the recipe that appeals to you the most and go for it.

#7. Everyweek, follow this pattern when you receive your weekly menu planner.

You will be amazed at the value you start to receive in your life when you are preparing and eating whole and healthy foods.

Note:

This tip is borrowed from the first menu planner of each menu planner month that is for sale on my website. I find it is very important to follow these steps because we are creatures of habit.

We are used to going to the store without a good idea of what we're going to make for dinner for the whole week. But these steps will help you to create new, healthy patterns of shopping for only the food you need. You will probably see that you will save some money too!

Continued Support with your Meal Planning:

If you are following a very limited diet, it becomes necessary to plan ahead so that you know what you're eating for the week while you shop. Once you finish this sample menu, you may want to buy a menu planner that fits your diet.

The following menu planners are currently available for purchase:

Gluten/Wheat Free - Meat and Seafood Menu

<http://www.heartofcooking.com/sidebar/gluten-free-menu-planner/>

Dairy-Free - Meat and Seafood Menu

<http://www.heartofcooking.com/sidebar/dairy-free-menu-planner/>

Gluten and Casein (Dairy) Free - Meat and Seafood Menu

<http://www.heartofcooking.com/sidebar/gluten-casein-free-menu-planner/>

Gluten, Dairy, Soy-Free - Meat and Seafood Menu

<http://www.heartofcooking.com/sidebar/soy-gluten-and-dairy-free-menu-planner/>

Nightshade veggie, Gluten, Dairy, Soy-Free - Meat and Seafood

<http://www.heartofcooking.com/sidebar/nightshade-free-menu-planner/>

Nightshade veggie, Gluten, Dairy, Soy-Free - Seafood/Vegetarian

<http://www.heartofcooking.com/sidebar/seafoodvegetarian-nightshade-free-menu-planner/>

Coming Soon:

Egg-Free

Nut and Legume Free

Very limited/Elimination/GAPS/Paleo diet

Strictly Kid-Friendly

Although this menu planner is designed for busy lives, I also believe that our busy lives require us to eat nourishing foods in order to stay healthy. One of the most nourishing foods is broth made from meat, bones and vegetables.

Remember that good ol' chicken noodle soup you ate while you were sick as a kid? It's been a tradition for a long time. However, in order to get the full benefit of a chicken soup, you need to eat the real thing. Boullion cubes and other soup stocks that you buy at the store often have ingredients in them that are detrimental to our bodies.

If you do want to buy a prepackaged veggie, chicken or beef broth, please read ingredietns carefully. Many products have added sugar, maltodextrin (corn), hydrogenated soybean oil, canola oil and other ingredients that are not very healthy for you.

Your best bet is to buy an organic or free range "boxed" variety. These will be your purest and fasted alternative to making your own.

But I urge you to plan ahead at some point and make this delicious broth. With a nutrient rich broth, most of the work of making the soup is already done. And it is very healing and nourishing for your body!

Broth can be frozen too! So, once you have a large pot and it is cool, pour it into 2-4 cup containers and lable. You should get quite a few cups from this recipe so it will last quite a while. Even if it looks time consuming, it is so worth it to have nutient rich stock stored in your freezer when ever you need it.

CHICKEN BROTH

From: Nourishing Traditions

TOTAL TIME: 4-12 HOURS * MAKES 4 SERVINGS

Ingredients:

- 1 chicken, organic or free range if possible (4-6 lbs is a good size)
- 3-4 quarts cold filtered water
- 2 Tbsp. apple cider vinegar
- 1 large onion, coarsely chopped
- 2 carrots, peeled and coarsely chopped
- 3 celery sticks, coarsely chopped
- Several sprigs of fresh thyme tied together
- 1 bunch parsley

Steps:

1. In a large soup pot, place the chicken, water and the rest of the ingredients except the parsley. Let stand for 30 minutes. Bring to a boil, and remove the scum that rises to the top. Reduce heat, cover and simmer for 4-12 hours. The longer you cook the stock, the richer and more flavorful it will be. I find that simmering it for 6 hours makes a good stock. About 10 minutes before finishing the broth, add the parsley. This imparts additional mineral ions to the broth.
2. Remove the chicken pieces with a slotted spoon. Let cool in a large bowl or another pot. Once cool to touch, separate the bones from the meat and put the meat aside to use in a soup or another dish. The shredded chicken is great for tacos or soups.
3. Strain the rest of the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. Skim off this fat and reserve the stock in covered containers in your refrigerator or freezer.

Please note: If you do make this stock, you can use the meat and the stock for the Nourishing Chicken Soup Recipe.

SALMON with CREAMY PESTO SAUCE

From: Heart of Cooking

TOTAL TIME: 20 MINUTES * MAKES 4 SERVINGS

Ingredients:

- 1 1/2 lbs. salmon fillets
- 1 Tbsp olive oil for oiling pan
- 2 Tbsp olive oil for pesto
- 2 tsp sea salt
- 1/3 cup fresh herbs (take your pick of cilantro, basil, mint, rosemary and/or parsley)
- 1 Tbsp lemon, squeezed
- 1/2 tsp minced garlic
- 1/4 cup chopped walnuts
- 1 cup coconut cream (the thick part of the can before it is mixed), or plain yogurt

Steps:

1. Bake the salmon fillets on an oiled baking sheet at 350 F for 15-20 minutes, depending on thickness of fillets. Do not overcook.
2. Combine all remaining ingredients together in a bowl. Chop nuts by hand and add to creamy pesto mixture.
3. Serve fish with creamy pesto drizzled on top.

Per Serving: 141 Calories; 15g Fat (89.2% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 236mg Sodium.

SPINACH WALNUT SALAD

From:

TOTAL TIME: * MAKES 4 SERVINGS

Ingredients:

- 4-6 cups baby spinach, washed and dried
- 1 cup raw walnuts, chopped and toasted
- 1 cup grated carrots
- 2 green onions, sliced finely

Dressing (or buy a dressing that works for your diet):

- 2 T lemon juice, balsamic or apple cider vinegar
- 1/3 cup olive oil
- 1 garlic clove, crushed
- 1/2 tsp Dijon mustard, GF
- sea salt to taste

Steps:

1. Toast the walnuts by placing them in a dry skillet on the stovetop over medium heat. Stir frequently and keep an eye on them as they will burn easily. Toast until are crispy but not burnt.
2. After preparing vegetables, place them into a salad bowl and toss gently.
3. Combine salad dressing ingredients. Either pour into a small serving dish and serve with salad, or drizzle over salad and toss gently.

Per Serving: 337 Calories; 31g Fat (78.7% calories from fat); 9g Protein; 10g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 184mg Sodium.

KID-FRIENDLY TIPS:

- Fish:** Leave out the fresh herbs, or use less of them if your child doesn't like green herbs. Also, use less garlic or leave out completely.
- Salad:** Use veggies and nuts your child likes. Leave out the green onions.

SUBSTITUTIONS

- Salmon:** tilapia, mahi mahi, haddock, chicken, etc.
- Coconut cream:** goat yogurt, cow's yogurt, or 1/4 cup olive oil.
- Walnuts:** pine nuts, slivered almonds, chopped cashews, etc.
- Green onions:** leave out or use red onion.

NOURISHING CHICKEN VEGGIE SOUP

From: Heart of Cooking

TOTAL TIME: 30 MINUTES * MAKES 4 SERVINGS

Ingredients:

- 1 Tbsp olive oil
- 1 onion, diced
- 1-2 cloves garlic, minced
- 4 cups chicken broth
- 3/4-1 pound chicken breasts, cut into large pieces
- 1-2 tomatoes or 1 cup diced tomatoes
- 2 Yukon gold potatoes, cut into small cubes
- 1-2 medium zucchini, sliced into half moons
- 1/2 lemon, squeezed
- 1 teaspoon salt
- 2 teaspoons dried parsley, or 2 Tbsp, fresh

Steps:

1. Cut out the tops of the tomatoes where the stems were. In a medium saucepan, combine the chicken pieces and whole tomatoes with just enough water to cover. Bring to a boil, reduce heat to a simmer and cook for 10-15 minutes, or until cooked through. Remove from heat, drain and set aside to cool.
2. Meanwhile, in a soup pot, heat the olive oil to medium-high heat and sauté the onion for 8-10 minutes, or until soft and translucent. Add the garlic and cook briefly, 1-2 minutes.
3. Add the chicken broth, potato chunks, zucchini, lemon juice, and salt. Bring to a boil, reduce heat to a simmer, and cook for 10-12 minutes, or until veggies are soft but still a little firm.
4. Shred or cube the chicken and add to the soup. Peel the tomatoes (they should slip off) and dice. Add to the soup. Add the chopped or dried parsley and cook for another 5 minutes or so.

If you made the Chicken Stock: Skip step #1 and add the chicken at the end. If using whole tomatoes, add them to the pot while other veggies are cooking. Then use a ladle to fish them out and dice them up. Add back into soup.

Per Serving: 240 Calories; 9g Fat (35.3% calories from fat); 21g Protein; 15g Carbohydrate; 3g Dietary Fiber; 58mg Cholesterol;

1179mg Sodium.

BAKED BUTTERNUT SQUASH

From: Heart of Cooking

TOTAL TIME: 30 MINUTES * MAKES 4 SERVINGS

Ingredients:

- 2 small-med. butternut squash
- 1/2-1 tsp sea salt
- Pepper to taste
- butter or coconut oil to taste

Steps:

1. Preheat oven to 400 degrees. Cut squashes in half and scoop out the seeds. Cut each half into a few large pieces so that it bakes faster. Place face down in a Pyrex pan with about 1-2 inches of water to keep it from sticking to the pan. Roast for 25 minutes or until soft. Plan on half a small squash per person.
2. Sprinkle squash with salt and pepper. Enjoy with butter if you can eat it or coconut oil. You can also add a little honey or maple syrup if you want it a bit sweeter.

Per Serving: 147 Calories; 7g Fat (39.4% calories from fat); 2g Protein; 23g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 273mg Sodium.

SUBSTITUTIONS

Tomatoes: any other kind of veggie

Potato: sweet potato, russet, Yukon, red, blue or white potatoes, or other veggies

Zucchini: carrots, broccoli, parsnips, green beans.

Lemon: lime

Parsley: basil, cilantro, etc.

Butternut squash: any other winter squash but if they are large, cut them into smaller pieces so they cook faster. Butternut is one of the sweetest.

KID-FRIENDLY TIPS:

Chicken Soup: Use veggies that your child likes.

Squash: Add a little honey or maple syrup to the squash to make it a little sweeter.

CASHEW "ALFREDO" LINGUINI

Recipe source or inspiration: Nada Carpentieri
TOTAL TIME: 20 MINUTES * MAKES 4 SERVINGS

Ingredients:

- 1/2 cup raw cashews, preferably soaked for 3 hours in water
- 1 1/4 cups water
- 1 Tablespoon olive oil
- 1 clove garlic
- 1/2 teaspoon salt
- 1-2 Tbsp. nutritional yeast
- 1 package gluten-free linguini, Tinkyada is good
- 1/2 cup chopped fresh basil

Steps:

1. Fill a medium-large soup pot with water. Add 1 tbsp or so of olive oil and bring to a boil. Add your gluten-free pasta or gnocci and cook for the time recommended on the package.
2. (Drain cashews if soaking). In a blender, combine cashews and water. Blend until very smooth.
3. In a small skillet or pan, heat the oil to medium-high heat and then add the garlic. Sauté for a few minutes until slightly browned.
4. Add the cashew "milk", salt and nutritional yeast. Bring to a boil briefly to thicken it and then reduce the heat. Stir the sauce as it thickens. Stir in the basil leaves.
5. Serve pasta on plates with sauce.

Tip: This sauce can be made thicker or thinner depending on how much water you add to it.

Tip: Nutritional yeast is full of B vitamins. Look for it in the refrigerator section of your health food store or sometimes in the bulk section. It adds a "cheesy" flavor to this yummy dairy-free sauce. It is important to buy a non-commercial brand because commercial brands contain MSG. Fronteir is a good and safe brand.

Per Serving: 283 Calories; 18g Fat (54.1% calories from fat); 9g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 274mg Sodium.

STEAMED BROCCOLI with HERB BUTTER

From: Heart of Cooking
TOTAL TIME: 15 MINUTES * MAKES 4 SERVINGS

Ingredients:

- 1 pound broccoli florets
- 2 tablespoons butter, olive oil or coconut butter
- 1/4 teaspoon salt
- 1 tablespoon fresh chives, or 1 tsp dried
- 1 tablespoon fresh parsley, or 1 tsp dried

Steps:

1. Steam or boil the broccoli florets until tender but still bright green, about 5 –8 minutes. Transfer broccoli to a serving dish.
3. Combine the melted butter, salt, and herbs and drizzle over the broccoli.

Per Serving: 84 Calories; 6g Fat (59.3% calories from fat); 3g Protein; 6g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 223mg Sodium.

SUBSTITUTIONS

Cashews: blanched almonds

Nutritional yeast: tahini or miso, or delete

Pasta: potatoes, rice, veggies, "zucchini noodles"

Broccoli – cauliflower, green beans, zucchini, etc.

Butter – olive oil, coconut butter, Earth Balance.

Chives and parsley – basil, cilantro, rosemary

KID-FRIENDLY TIPS:

Broccoli: Leave out the herbs for the kids.

Pasta: Use tomato pasta sauce if they don't like the creamy sauce.

PESTO CHICKEN

From: Heart of Cooking

TOTAL TIME: MINUTES * MAKES 4 SERVINGS

Ingredients:

- 1.3 pounds chicken breasts, cut into strips
- 1 T olive oil

Pesto:

- 3 cups fresh basil leaves, washed and stemmed
- 3 cloves garlic, minced
- 1/2 cup pine nuts
- 1/2 cup nutritional yeast
- 3/4 tsp salt
- 1/3-2/3 cup olive oil

Steps:

1. Heat oil in a skillet over medium heat and sauté chicken for about 5-10 minutes, stirring frequently. Turn off heat, but leave on the burner to stay warm once the chicken is no longer pink.
2. Meanwhile, add basil leaves to food processor and chop. Add garlic, pine nuts, nutritional yeast, salt and pulse. Add olive oil until you have a nice paste consistency.
3. Add pesto to chicken and stir.

Per Serving: 364 Calories; 31g Fat (76.1% calories from fat); 21g Protein; 1g Carbohydrate; trace Dietary Fiber; 64mg Cholesterol; 416mg Sodium. Exchanges: 3 Lean Meat; 0 Vegetable; 4 1/2 Fat.

KID-FRIENDLY TIPS:

Chicken: If your child doesn't like pesto, you simply season their chicken with lemon, salt and pepper and a little garlic.

Mushrooms: If your child doesn't like mushrooms, use a different veggie.

SAUTEED MUSHROOMS and LEEKS

From: Heart of Cooking

TOTAL TIME: MINUTES * MAKES 4 SERVINGS

Ingredients:

- 1 leek, sliced with greens, washed well
- 1 cup wild mushrooms such as Portobello and shitakes, sliced
- 1 cups button mushrooms, sliced
- 1 tsp salt
- 1/2 tsp pepper

Steps:

1. In a skillet, heat olive oil to medium high heat. Add the leeks and sauté for 5 minutes, stirring occasionally until it is soft and translucent.
2. Add the mushrooms and sauté until mushrooms are cooked through. Add salt and pepper to taste.

Per Serving: 48 Calories; 1g Fat (9.7% calories from fat); 3g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 543mg Sodium.

SUBSTITUTIONS

Chicken: fish, veggies, pasta, pizza

Basil: Arugula, Cilantro, Parsley

Pine nuts: almonds, cashews

Nutritional yeast: parmesan cheese

Mushrooms: you can use all button mushrooms, or use carrots, zucchini, green beans, etc.

Leeks: red, yellow or white onions

THAI STYLE TURKEY BURGERS

From: Heart of Cooking

TOTAL TIME: MINUTES * MAKES 4 SERVINGS

Ingredients:

- 1.5 lbs ground turkey meat
- 2-3 Tbsp limejuice or 1 ½ limes squeezed
- ½ cup chopped cilantro
- 1.5 Tbsp fresh grated gingerroot
- 3 garlic cloves, crushed
- 1/2-1 tsp salt
- pepper to taste
- 1/2 tsp paprika

Steps:

1. To make the burgers, place turkey meat in a mixing bowl. Add the rest of the ingredients and mix well.
2. Divide meat into 6-7 equal portions and form into burgers about 1 inch thick. It is best to make the center of the burger thinner than the outside, as it will "puff" up as it cooks.
3. Cook on an oiled skillet on medium-high heat. Flip once and avoid pressing to release juices. Cook for 4 minutes on each side for medium or 5 minutes for well done.

Per Serving: 220 Calories; 12g Fat (51.6% calories from fat); 26g Protein; 0g Carbohydrate; 0g Dietary Fiber; 117mg Cholesterol; 139mg Sodium.

GINGER ROASTED CARROTS

From:

TOTAL TIME: MINUTES * MAKES 4 SERVINGS

Ingredients:

- 8 carrots, cut into diagonal ¼" slices
- 2 tablespoons orange juice
- 1 tablespoon ginger
- 2 teaspoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- ½ teaspoon orange zest

Steps:

1. Preheat oven to 425 F. In a 13 x 9 baking dish, combine all of the ingredients.
2. Bake, covered with foil, until tender, about 20-25 minutes.

Per Serving: 91 Calories; 3g Fat (24.4% calories from fat); 2g Protein; 17g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 317mg Sodium.

KID-FRIENDLY TIPS:

Carrots: Make these less spicy by deleting or using less ginger root.

Turkey Burgers: Make regular turkey burgers if they are picky about spices and ginger.

SUBSTITUTIONS

Turkey: ground chicken, ground beef, ground lamb

Lime: Lemon

Cilantro: Basil or parsley

Carrots: parsnips, sweet potatoes, butternut squash chunks, red carrots

Orange juice: lemon juice

Orange zest: lemon zest

BLUEBERRY MUFFINS

From: <http://www.organicthrifty.com>

TOTAL TIME: MINUTES * MAKES 4 SERVINGS

Ingredients:

- 2.5 cups of almond meal, almond flour, or hazelnut flour
- 3 large eggs
- 1/4 cup honey
- 1/2 tsp. baking soda
- 1/2 tsp. sea salt
- 1 Tbsp. vanilla extract
- 1 cup blueberries (frozen or fresh)

Steps:

1. Preheat oven to 300 degrees. Prepare muffin tins with liners or lightly grease with oil or butter.
2. In a mixing bowl, mix all ingredients until smooth. Fold in the blueberries.
3. Bake for 30-40 minutes.

Optional add-ins:

For zucchini-spice muffins:
add:

- 1/2 tsp. ginger
- 1/2 tsp. allspice
- 1 tsp. cinnamon

1 cup shredded zucchini instead of blueberries

Per Serving: 167 Calories; 7g Fat (33.5% calories from fat); 13g Protein; 16g Carbohydrate; trace Dietary Fiber; 53mg Cholesterol; 162mg Sodium.

SUBSTITUTIONS

Almond meal or flour: You could try just about any nut or seed ground up. Sunflower seeds work well.

Eggs: These muffins need eggs to work. I'm working on a egg-free menu planner with some great egg-free recipes.

Baking soda: delete for GAPS-friendly, can also use baking powder.

Honey: real maple syrup, agave nectar

KID-FRIENDLY TIPS:

Your kids will love these.

Shopping List for Nourishing Foods Menu Planner- Sample Menu
(List is for four servings – half for 2 servings)

Veggies:	Meal:	Meat/Seafood:	Meal:
1 onion	BR	4-6 lb organic chicken, whole	BR
1 lb. carrots	BR, S1, S5	1.5 lb salmon fillet	D1
3 celery stalks	BR	2.5 lb chicken breast (buy 1 lb if making stock)	D2, D4
4-6 c. baby spinach	S1	1.5 lb ground turkey	D5
2 green onions	S1	Grains, pastas and canned beans:	
2 tomatoes or 1 can diced	D2	GF linguini or regular	D3
1-2 med zucchini	D2	1 can diced tomatoes or 2 fresh	D2
2 small - med butternut squash	S2	Oils, vinegars, and condiments:	
1 lb broccoli	S3	2 tbsp apple cider vinegar	BR
1 leek or 1 bunch	S4	olive oil - extra virgin cold press	many
1 c. wild mushrooms	S4	Dijon mustard	S1
1 c. button mushrooms	S4	4 cups chicken broth (or make your own)	D2
Fresh Herbs		¼ c honey	DS
3.5 cups fresh basil	D3,D4	Nuts and dried fruit:	
garlic	many	1 ¼ cup raw walnuts	D1, S1
thyme	BR, D1	1/2 cup raw cashews	D3
Parsley (can use dried)	BR, D1	½ c pine nuts	D4
Chives (can use dried)	S3	Ethnic:	
Cilantro (can use dried)	D5	1 can coconut milk	D1
gingerroot	D5, S5	nutritional yeast	D3, D4
Fruits:		Baking:	
2 lemon or bottle of juice	D1, D2, S1	2.5 c. Almond meal or flour	DS
2 limes	D5	3 eggs	DS
1 orange	S5	baking soda	DS
1 c. blueberries (can be frozen)	DS	vanilla extract	DS
Dairy:		Dried Herbs and Spices:	
Butter or olive or coconut oil	S2, D3	sea salt	D1, S2, DS
Misc.		salt	Many
3 ring notebook	office supply store	dried parsley	D2
15 sheet protectors	“ “	pepper	S2, S4, S5
		paprika	D5
Shopping List Legend		S1: Spinach Walnut Salad	
D1: Salmon with Creamy Herb Pesto Sauce		S2: Baked Butternut Squash	
D2: Nourishing Chicken Veggie Soup		S3: Steamed Broccoli and Herb Butter	
D3: Linguini with “Alfredo” Sauce		S4: Sautéed Mushrooms and Leeks	
D4: Pesto Chicken		S5: Ginger Roasted Carrots	
D5: Thai Style Burgers		DS: Blueberry Muffins	
		BR: Bonus recipe: Chicken Broth	