

Kitchen Therapy

- Trust yourself & your instincts when cooking
- Taste as you go

Grocery List

Produce

- Carrots
- Brussels Sprouts
- Cauliflower
- Broccoli
- Onions (red and yellow)
- Sweet Potatoes
- Bell peppers
- Radishes or Potatoes
- Pineapple
- Green onions

Carbs/Starches

(choose the ones you like, one per dinner)

- Rice, white, brown, wild, black, mixed
- Quinoa, red, white, or mixed
- Pasta, any shape you like
- Tortillas or low-carb wraps (add meat, and veg into a wrap)
- Bread (you can make hot hoagies)
- Pitas (to stuff with meat and veg)
- Riced Cauliflower
- Zucchini noodles
- Shirataki Noodles

Meat

(for each meat, buy enough for one meal for your family, keeping in mind you'll also be adding starch and a vegetable)

- Ground beef, chicken, or turkey
- Steak of your preference
- Tofu (or another meat)
- Fish
- Chicken

Canned

- Beans of your choice
- Corn
- Chipotle in adobo sauce
- Pickled Jalapenos
- Mayo

- Plain Yogurt
- Stone Ground Mustard
- Honey
- Maple Syrup
- Coconut Aminos
- White Miso
- Peach or Apricot Jam
- Olive Oil
- Balsamic or other types of vinegar
- Simply Ghee (save 20% with coupon code: OMGhee)
- Shredded Cheese, Optional

Tips and Suggestions

1. Get the sweet potatoes in the oven first
2. Chop vegetables in uniform bite sized pieces
3. Mix the sauces while veg are roasting
4. For protein, either cook all on the same day and store, or fresh each day
5. Use a meat thermometer when cooking meats, [here's how](#)
6. For sauces think sweet, salty, tangy, zippy, smoky, acidic, spice/heat
7. Label everything with name and date - keep it simple by using tape and a sharpie
8. Vegetables [should last in the fridge](#) up to 7 days when properly stored.
9. Let cooked foods cool before transferring them to fridge or freezer.
10. Use airtight containers for storing foods for best results.

Helpful Resources:

1. [Eat the Rainbow Loaded Sweet Potatoes](#)
2. [Korean BBQ by Bill Kim - Make all the Sauce](#)
3. [Top 4 Meat Subscription Boxes To Try](#) - this makes meal prep easier because you don't have to shop for meat all the time!
4. [Salmon Cakes with Hashed Sweet Potatoes and Chipotle Mayo](#)
5. [Health Benefits of Ghee and More](#)
6. [How to Eat Healthy on a Tight Budget](#)
7. [7 Ways to Make Meals Healthier](#)
8. [Sea Witch Botanicals Vegetable and All Purpose soaps and incense](#)