

## YOUR COOK-ONCE SHOPPING LIST

---

### PROTEINS & DAIRY

- 1½ lb boneless, skinless chicken breasts, thighs or a combination
- 1½ cups whole-milk ricotta cheese
- 2 oz Parmesan cheese
- 8 oz mozzarella cheese
- 1 stick organic unsalted butter
- 3 large eggs
- 1 cup plain unsweetened almond milk

### VEGGIES & FRUITS

- 2 large yellow onions
- 3 large zucchini
- 3 large bell peppers, any color
- 1 head garlic
- 1 lb mixed mushrooms, such as shiitake, cremini and oyster
- 1 bunch fresh thyme leaves
- 1 bunch fresh basil
- 4 medium-sized firm apples, such as Gala

### NUTS, SEEDS & OILS

- 4 oz raw cashews
- 5 oz raw unsalted walnuts
- 1 bottle avocado oil
- 1 bottle cooking spray (olive or avocado oil)
- 1 bag blanched almond flour
- 1 bottle coconut oil

### EXTRAS

- 1 bottle sea salt
- 1 bottle ground black pepper
- 1 bottle taco seasoning
- 1 12-oz jar all-natural salsa
- 1½ qt low-sodium chicken broth
- 1 18-oz jar marinara
- 1 bag cassava flour
- 1 container baking powder
- 1 bottle pure vanilla extract
- 1 bottle pure maple syrup
- 1 bottle ground cinnamon
- 1 bottle sherry vinegar (optional)

**TIP:** We've included the ingredients needed for the main recipes in this section; if you're trying our additional recipe suggestions, make sure to add those ingredients to your list.

## ON THE MENU THIS WEEK

Turn the 5 recipes in this section into 15 meals:

### BREAKFAST

**Cassava Waffles** with butter and maple syrup or fruit

**Cassava Waffles** with almond butter and sliced banana

**Apple Crumble Bars** in a bowl topped with yogurt

### LUNCH

**Three-Cheese Zucchini Lasagna**

**Chicken Fajita Wraps:**

Serve **Chicken Fajita Stew** in a gluten-free tortilla or in lettuce wraps with optional toppings

**Chicken Fajita Bowl:**

Serve **Chicken Fajita Stew** over heated cauliflower rice with optional toppings

**New-Fashioned Cream of Mushroom Soup** with green salad

### DINNER

**Gluten-Free Chicken & Cassava Waffles**

**Three-Cheese Zucchini Lasagna** with **New-Fashioned Cream of Mushroom Soup**

**Chicken Fajita Stew**

served in a bowl over mushroom mashed potatoes

**Quick Chicken Marsala**

**Chicken Quesadillas:**

**Chicken Fajita Stew** (at right) stuffed into gluten-free tortillas with cheese then cooked in a skillet on both sides

### SNACKS & DESSERT

**Cassava Waffles** cut into pieces and toasted with ice cream and chocolate sauce

**Cassava Waffles** with almond butter and banana slices

**Apple Crumble Bars** in a bowl topped with yogurt, ice cream or whipped cream

## 4 Classic Ways to Use This New-Fashioned Mushroom Soup

- **Mushroom Mashed Potatoes:**  
Add a few spoonfuls of soup to mashed potatoes, to taste.
- **Swedish Meatballs:**  
Mix it with beef broth, mustard and Worcestershire and use it as a sauce over homemade meatballs.
- **Pot Pie Starter:**  
Use it as a base for chicken pot pie filling or a casserole.
- **Quick Chicken Marsala:**  
Sear chicken breast cutlets (about 1 lb) in oil; transfer to a plate. Cook a chopped onion or shallots in the same skillet, deglaze with a splash of Marsala wine, then add 1 cup soup, or as desired. Bring to a simmer and return chicken to pan. Cover and simmer until chicken is cooked through.