



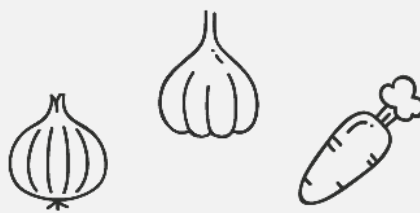
# The Discerning You

## Recipe Cheat Sheet: Soups

### 1 SOUP BASE

Onions  
Celery  
Carrots  
Garlic  
Olive Oil

#### Examples



#### Directions



Sauté everything in the pot

### 2 PROTEIN

Mushrooms  
Fish  
Chicken  
Eggs  
Tofu



Add your protein of choice (not essential)

### 3 VEGETABLES

Butternut  
Asparagus  
Broccoli  
Zucchini



Add your vegetables of choice

### 4 BROTH

Chicken  
Vegetable  
Beef  
Fish



Add stock that compliments your protein and veggies

### 5 SEASONING

Salt  
Pepper  
Bay leaves  
Thyme



Season your soup, let it simmer and then serve



# The Discerning You

## Recipe Cheat Sheet: Salads

### 1 SALAD BASE

Lettuce  
Rocket  
Radicchio  
Baby spinach  
Mixed greens

#### Examples



### 2 BODY

Avocado  
Butternut  
Green beans  
Salmon  
Chicken strips



#### Directions

Toss your at the bottom of a bowl.  
TIP: Add herbs like basic for flavour.

Add your veggies and protein of choice.

### 3 GRAINS & LEGUMES

Chickpeas  
Black beans  
Lentils  
Quinoa



Add your grain of choice.

### 4 CRUNCH

Almonds  
Pine nuts  
Pumpkin seeds  
Croutons



Add some nuts or seeds for crunch and variety.

### 5 DRESSING

Salt & Pepper  
Olive oil  
Vinegar  
Honey & Mustard



Dress your salad and enjoy!



# The Discerning You

## Time to buy...

### FRUITS

- Apples
- Bananas
- Oranges
- Lemons
- Melon
- Strawberries
- Blueberries
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### VEGETABLES

- Potatoes
- Sweet potatoes
- Carrots
- Squash
- Pumpkin
- Broccoli
- Green beans
- Spinach
- Peas
- Zucchini
- Mushrooms
- Peppers
- Lettuce
- Tomatoes
- Cucumber

### DAIRY

- Milk
- Yoghurt
- Mozzarella
- Cheddar
- Cream cheese
- Sour cream
- Cream
- Butter
- Eggs
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### MEAT & FISH

- Chicken pieces
- Whole chicken
- Chicken strips
- Fillet
- Steak
- Rump
- Lamb chops
- Pork chops
- Mince meat
- Sausages
- Bacon
- Ham
- Salami
- Salmon
- Tuna
- Prawns
- Calamari

### PANTRY GOODS

- Pasta
- Rice
- Quinoa
- Couscous
- Bread
- Tortillas
- Muffins
- Cereal
- Granola
- Flour
- Oats
- Tea
- Coffee
- Dog food
- Cat food
- Baking powder
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### VEGETARIAN

- Tofu
- Beyond meat
- Soy mince
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### CLEANING UP & TOILETRIES

- Dishwashing soap
- Sponges
- Cloths
- Glass cleaner
- All purpose cleaner
- Garbage bags
- Fabric softener
- Detergent
- Aluminum foil
- Baking paper
- Baking soda
- White vinegar
- Plastic bags
- Ziplock bags
- Toilet paper
- Toothpaste
- Deodorant
- Lotion
- Shampoo
- Conditioner
- Razors
- Shower gel
- Soap
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### CONDIMENTS

- Ketchup
- Mayonnaise
- Mustard
- Chutney
- Honey
- Maple syrup
- Peanut butter
- Jam or jelly
- Olive oil
- Vegetable oil
- Balsamic vinegar
- Soy sauce
- Salad dressing
- Sugar
- Salt
- Pepper
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### FROZEN GOODS

- Peas
- Corn
- Berries
- Ice cream
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### SNACKS & DRINKS

- Popcorn
- Raisins
- Nuts
- Chips
- Snack bars
- Chocolate
- Cookies
- Sparkling water
- Still water
- Coconut water
- Almond milk
- Oat milk
- Juice
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_