



Recipe Cheat Sheet: Soups

Examples

Directions

1 SOUP BASE

Onions
Celery
Carrots
Garlic
Olive Oil



Sauté everything in the pot

2 PROTEIN

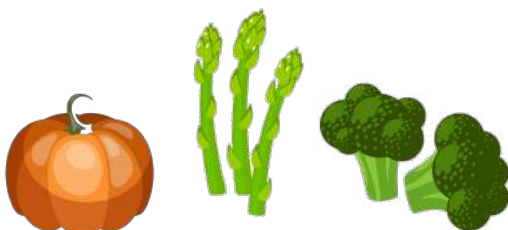
Mushrooms
Fish
Chicken
Eggs
Tofu



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



Don't forget to take your meds...





Recipe Cheat Sheet: Salads

1 SALAD BASE

fresh or cooked



romaine lettuce



rocket / arugula



baby spinach



radicchio



endives



kale

2 VEGGIES

fresh or cooked



corn



red pepper



eggplant



fresh tomatoes



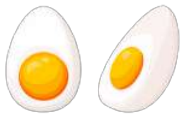
carrot



broccoli

3 PROTEIN

cooked



1-2 eggs



½ cup veggie protein (lentils, pulses or beans)



beef or lamb



tofu or tempeh



fish



chicken or turkey breast

4 CARBS & FATS



beetroot



quinoa (or other grains like rice)



pumpkin or butternut squash



avocado



extra-virgin olive oil



roasted pumpkin seeds

5 DRESSING



Teriyaki dressing



honey and mustard dressing



tahini dressing



hummus



pesto



lemon juice

Don't forget to take your meds...





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
- _____
- _____
- _____

SNACKS & DRINKS

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

FROZEN GOODS

- Peas
- Corn
- Berries
- Ice cream
- _____
- _____
- _____

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
- _____
- _____
- _____