

28- Day Refresh // Shopping List // Week 1

The left side of the page lists everything you need to prepare the 4 dinner recipes provided (double the amounts if you want to make 4 portions). On the right side of the page, fill in the other items you'd like to pick up. We've made a few suggestions. Scratch off what you have at home and shop away!

Produce

2 roma tomatoes	
2 portobello mushrooms	
2 bell peppers (any color)	fruit for breakfast and snacking
½ lb green beans	vegetables for salads
6 oz cabbage, + 6-8 whole leaves	
1 lb of broccoli	
1 medium sweet potato	extra sweet potatoes for breakfast
1 lemon	
1 lime	
1 medium onion	
3 cloves of garlic	salad greens for lunch
2 sprigs of basil	
½ bunch of parsley	

Grocery

olive oil	
1 tbsp apple cider vinegar	coconut oil
½ tsp fennel seed	almond milk
½ tsp dried sage	chia seeds
¼ tsp ground mustard	dried fruit (no added sugar)
½ tsp dried oregano	nuts
½ tsp granulated garlic powder	
¼ tsp red pepper flakes	
1 tbsp chili powder	
2 tsp cumin	

Meat & Seafood Counter

½ lb flank steak	
½ lb ground chicken	extra protein for lunch
½ lb ground turkey	
½ lb frozen shrimp	

Spicy Steak Fajitas in Cabbage Cups.

Serves 2

Prep Time: 25-30 minutes

Check out the ingredients in packaged fajita/taco seasoning mixes...trust us...you won't want to buy them again. It's fast & simple to create your own spice blend without additives.

Shopping List:

Produce

1 medium onion
2 bell peppers (any color)
1 lime
6-8 cabbage leaves

Grocery

olive oil
1 tbsp chili powder
2 tsp cumin
½ tsp granulated garlic
¼ tsp red pepper flakes

Refrigerated

½ lb flank steak, skirt steak, or carne asada

Recipe:

1 tbsp chili powder
2 tsp cumin
½ tsp granulated garlic
¼ tsp red pepper flakes
½ lb flank steak, skirt steak, or carne asada
1 medium onion, sliced
2 bell peppers (any color), sliced
1 lime
6-8 cabbage leaves, washed and dried

1. In a small bowl, combine chili powder, cumin, granulated garlic, and red pepper flakes. Season both sides of steak with HALF of the spice blend, salt & pepper. Rub with olive oil.
2. Heat a skillet over high heat. When skillet is hot, add steak and cook 3-5 minutes per side for medium-rare. You should see a nice crust on both sides. Transfer to cutting board, tent with foil, and rest up to 10 minutes.
3. While steak is resting, wipe out the skillet with a paper towel and reduce to medium heat. Add a bit of oil, along with sliced onion and sauté until it begins to become translucent. Add sliced bell pepper. Continue to sauté until pepper softens and onion is golden.
4. When vegetables are cooked to your liking, season with the remaining half of the spice blend and a little salt. Add a splash of water to the skillet and continue cooking until vegetables are coated with spices and water has mostly evaporated.
5. Once the steak has rested and the vegetables are done, slice the steak very thinly across the grain. Toss together with the peppers & onions. Finish with a squeeze of lime. Enjoy!

Cooks Tips:

- We like savoy cabbage for this recipe...but use what you can find, or substitute with something else – lettuce, kale, even collard greens would be great.
- Any type of steak will work for this recipe. Just adjust cooking time based on the thickness of the cut.

Turkey-Stuffed Portobello. Tomato Checca.

Serves 2

Sautéed Green Beans.

Prep Time: 25-30 minutes

Checca is a fresh tomato sauce flavored with garlic and basil. Since it's served raw, a little garlic goes a long way here.

Shopping List:

Produce

2 roma tomatoes
1 clove of garlic
2 sprigs of basil
2 portobello mushrooms
½ lb green beans

Grocery

½ tsp dried oregano
¼ tsp garlic powder
olive oil

Refrigerated

½ lb ground turkey *

Recipe:

2 roma tomatoes
1 clove of garlic
2 sprigs of basil
2 portobello mushrooms
½ lb ground turkey
½ tsp dried oregano
¼ tsp garlic powder
½ lb green beans

1. Preheat oven to 425.
2. To make the checca sauce: dice tomatoes, mince the garlic, tear the basil into pieces, and combine in a mixing bowl with salt & pepper. Set aside.
3. Combine ground turkey with dried oregano, garlic powder, salt & pepper.
4. Wipe mushrooms clean, remove stems, and use a spoon to scrape out the dark brown "gills." Place portobello on a foil-lined baking sheet, stuff with the seasoned turkey mixture. Bake 15-20 minutes or until turkey is cooked through.
5. Meanwhile trim the green beans and place in a nonstick skillet with 2-3 tablespoons of water. When 5 minutes remain on the stuffed mushrooms, heat the skillet to high, bring to a boil, and let steam for 3-4 minutes. Remove lid, and when water has mostly evaporated, add a drizzle of olive oil and sauté 2-3 minutes (lower heat as needed). Season with salt & pepper to taste.
6. Serve portobello topped with a big spoonful of checca sauce. Enjoy the roasted green beans on the side.

Cooks Tips:

- You could replace ground turkey with chicken or beef, or skip it all together and go vegetarian.
- If you like a little spice, add a pinch of red pepper flakes to the ground turkey mixture.

Lemon-Garlic Shrimp. Roasted Broccoli.

Serves 2

Prep Time: 20 minutes

This meal has very little "hands-on" time – and is sure to be loved by all!

Shopping List:

Produce

2 cloves of garlic
1 lb of broccoli
½ lemon
½ bunch of parsley

Grocery

olive oil

Frozen

½ lb of shrimp (frozen, peeled and deveined with the tail on)

Recipe:

½ lb frozen shrimp
2 cloves of garlic
¼ cup of parsley
1 lb of broccoli, broken into florets
½ lemon

1. Preheat oven to 425.
2. Place shrimp in a colander and rinse with cold water to thaw. Set aside to drain.
3. Coarsely chop the garlic and parsley, keeping separate. Set both aside.
4. On a baking sheet, toss broccoli with olive oil, salt & pepper. Roast for 10 minutes, then toss and roast an additional 5-10 minutes or until stems are tender and edges of broccoli begin to char.
5. After you toss the broccoli and return to the oven, coat a large skillet with olive oil and heat over med-high heat. Once hot, add thawed shrimp and chopped garlic to the skillet. Sprinkle with salt & pepper and sauté 3-4 minutes, stirring occasionally, or until shrimp are cooked through.
6. Remove skillet from heat, squeeze in the juice from half of a lemon and add chopped parsley. Stir to combine. Taste and season with additional salt & pepper if needed.
7. Enjoy lemon-garlic shrimp with roasted broccoli.

Cooks Tips:

- Most shrimp that you would purchase in a fish market have been frozen. So save yourself some money and opt for the bag in the freezer section of your grocery store.
- This dish also makes a great appetizer.

Chicken Sausage Patties. Roasted Sweet Potato.

Serves 2

Cabbage Salad.

Prep Time: 30-35 minutes

This simple fall meal comes together in about 30 minutes. It's hearty and filling, and will please even the pickiest eaters in your house.

Shopping List:

Produce

6 oz cabbage, green or purple
1 medium sweet potato
2 sprigs rosemary

Grocery

½ tsp fennel seed
½ tsp dried sage
¼ tsp ground mustard
1 tbsp apple cider vinegar
olive oil

Refrigerated

½ lb ground chicken *

Recipe:

6 oz green or purple cabbage, thinly sliced
1 tbsp apple cider vinegar
¼ tsp ground mustard
1 medium sweet potato
2 sprigs rosemary
½ lb ground chicken
½ tsp fennel seed, cracked using a mortar & pestle
½ tsp dried sage

1. Preheat oven to 425. While oven is preheating, combine vinegar, and ground mustard with a good drizzle of olive oil. Whisk or mix with a fork to combine. Add sliced cabbage, toss well, and set aside.
2. Cut sweet potato in half lengthwise, and then cut crosswise into ½-inch slices. On a baking sheet, toss the sweet potatoes with olive oil, salt & pepper. Top with whole sprigs of rosemary, and roast 20 minutes.
3. While potatoes are roasting, combine ground chicken with fennel and sage, and season well with salt & pepper. Form 2 patties from the mixture.
4. When 10 minutes are left on the sweet potato timer, get ready to cook the patties. Add a small amount of oil to a nonstick skillet, over med-low heat. When pan is hot, add chicken patties, and cook about 5 minutes per side, or until firm. You may need to adjust stove temperature if they are browning too quickly. Check for doneness by cutting into one of the patties. Continue cooking if needed.
5. Taste the cabbage salad and add salt & pepper if needed. Serve the salad and roasted sweet potatoes alongside the chicken patties.

Cooks Tips:

- Using dark meat ground chicken here will help keep chicken patties moist and improve flavor.
- Most sausage you can purchase at the grocery store has sugar added. So, we're making our own seasoned ground chicken in this recipe.