

GROCERY LIST

the real food DIETITIANS

PRODUCE

- ❑ 11 medium apples, any variety
- ❑ 1 medium pear, any variety
- ❑ 1 lemon (or 2 tablespoons lemon juice)
- ❑ 2 large bunches curly green or red kale
(about 10 cups torn kale)
- ❑ 4 stalks celery
- ❑ 2 medium carrots
- ❑ 2½–2¾ lbs. sweet potatoes (about 4 medium)
- ❑ 2 large acorn squash (or 3 small)
- ❑ 2 lbs. Brussels sprouts
- ❑ 1 head garlic
- ❑ 1–2 bunches fresh herbs (thyme, sage, rosemary, oregano, or a mix)
- ❑ 1 cup dried cranberries
- ❑ ¼ cup pomegranate seeds
- ❑ 2 cups apple cider

PROTEIN & DAIRY

- ❑ ⅓ cup dairy or non-dairy milk of choice
- ❑ 1¼ cups (2½ sticks) unsalted butter
- ❑ ¼ cup (4 tablespoons) butter, ghee, or coconut oil
- ❑ 3 eggs
- ❑ 8 oz. goat cheese
- ❑ 4 oz. cream cheese
- ❑ 2/3 cup grated Parmesan cheese
- ❑ 1 package bacon

DRY GOODS/PANTRY STAPLES

- ❑ ¼ cup honey
- ❑ ¼ cup maple syrup
- ❑ ⅓ cup apple cider vinegar
- ❑ 1 tablespoon balsamic vinegar
- ❑ ¾ cup chopped pecans
- ❑ 1¼ cup pecan halves
- ❑ ⅓ cup roasted pumpkin seeds
- ❑ ¼ cup roasted sunflower seeds
- ❑ 1 (750 ml) bottle dry white wine, such as Pinot Grigio, Pinot Gris, or Sauvignon Blanc
- ❑ 1 (16 ounce) bottle ginger-flavor kombucha or ginger beer
- ❑ 3¼ cups gluten-free flour blend
- ❑ 1/2 cup cane sugar
- ❑ 1 tablespoon brown sugar

OILS & SEASONINGS

- ❑ 1 bottle extra-virgin olive oil or avocado oil
- ❑ Sea salt
- ❑ Black pepper
- ❑ Ground cinnamon
- ❑ Ground nutmeg
- ❑ Chili powder
- ❑ Garlic powder
- ❑ Pure vanilla extract

OPTIONAL GARNISHES & EXTRAS

- ❑ Crackers or baguette slices for serving Honey Whipped Goat Cheese Dip (use gluten-free, if necessary)
- ❑ 2–4 cinnamon sticks
- ❑ 2 whole star anise
- ❑ Sparkling water to top Apple Cider Sangria
- ❑ 1 cup feta, goat cheese, or Parmesan cheese to top Salad and Brussels sprouts



APPLE CIDER SANGRIA



HEALTHY SWEET POTATO CASSEROLE



HONEY WHIPPED GOAT CHEESE DIP



HERB-ROASTED PARMESAN ACORN SQUASH



MASSAGED KALE SALAD



ROASTED BRUSSELS SPROUTS WITH BACON AND BALSAMIC



GLUTEN-FREE APPLE PIE WITH CRUMB TOPPING



CLICK EACH PHOTO to view the full recipe