

EAT HAPPY

Gluten Free, Grain Free, Low Carb Recipes
For A Joyful Life

The Eat Happy Quarantine Shopping List/Inspiration

Oh hello there-

I'm Anna Vocino, and I hope this document will help you in crafting your grocery list and menus to stay the NSNG course. This is not everything you should ever buy, but it might seem like it. I erred on the side of over-listing to inspire ideas and also in case items have limited availability at your store.

Within the list, I name a few recipes from Eat Happy, Eat Happy Too, and my site AnnaVocino.com to give some inspiration for what to do with ingredients. I've written almost 400 recipes, so I didn't have room to list them all here. There's also a nifty site called google. You can google the ingredients that you have and see millions of recipes that you can experiment with turning #NSNG. If you want to know the exact tools in my kitchen, [here's my Amazon storefront](#).

Good luck, and tag me in your pics! I wanna see your creations!

**XOXO
Anna**

FRESH:

Meats freeze so easily, just make sure you stick them in the freezer before they go bad if you don't think you're gonna cook them in time.

BEEF:

- Ground Beef, preferably grass-fed 85/15 or highest fat count possible (buy a few of these for burgers, meatloaf, meatballs, bolognese, egg roll in a bowl, etc, or get a variety of ground meats—pork, chicken, turkey, lamb, etc)
- Chuck eye steaks (or rib eye if you are fancy), New York strips, or filet mignons.
- Denver steak or sirloin for stews (Beef and Portobello Stew)
- Boneless or bone-in short ribs (for slow cooker or Instant Pot)

- Beef roast—either a chuck roast, tri-tip, or a brisket (Hot Beef, Pot Roast, Corned Beef Brisket, etc)
- Flank steak, skirt steak, flat iron for variety (perfect for grilling: Greek Flank Steak, Carne Asada, Skirt Steak with Chimmichurri, etc)

CHICKEN:

- Chicken thighs (boneless, skinless for Chicken Tikka Masala, Cauliflower Fried Rice, Taco Meat, Spring Roll In A Bowl—new recipe at annavocino.com)
- Chicken thighs (bone-in, skin on) for Lemony Chicken Thighs or Crispy Orange Chicken Thighs, White Balsamic Chicken Thighs
- Chicken legs (Torri's Chicken legs or combine with thighs and do Chicken Cacciatore)
- Chicken breasts for Chicken Parm, Chicken with Cherry Tomatoes, Spinach, and Artichoke, Milanese Cutlets, Chicken Dijon, or b/c someone in your family still thinks that meat fat is bad and you have to appease them
- Chicken wings for buffalo wings—a great lunch with homemade ranch

PORK

- Bacon. So much bacon.
- Pork chops (Pork Chop Dry Rub, Pork Chops with Apples in Instant Pot, Shake N Bake, Schnitzel)
- Pork tenderloin
- Pork Belly, if it's available. It's very filling and a little goes a long way.
- Pork butt or pork shoulder for roasts: Carnitas, pulled pork, pork rillettes
- Cured salami, mortadella, pancetta, etc to flavor the veggies or put into egg dishes for salt and fat
- Loose sausage (breakfast, Italian, Hot Italian are all good—or make your own from recipes in EHToo)

FISH:

I don't make a lot of fish at home during a quarantine but here are my faves:

- Wild caught salmon for Salmon Puttanesca, Salmon with Lemon Dijon Basil Sauce, and Pistachio Coriander Crusted Salmon
- Cod, Halibut, or Branzino filets
- Tilapia and Sole for the thin, easy stovetop fry
- Frozen peeled, deveined shrimp
- Scallops (so easy to make for lunch)

VEGGIES:

Leafy and Cruciferous:

- Broccoli, Cauliflower, Asparagus, Green Beans, Zucchini, Onion, Garlic, Leeks, Bell Pepper, spinach, kale, chard, yellow squash, Brussels sprouts
- Red Leaf and/or butter lettuce for salads
- Romaine for lettuce wrapping lunch meats and cheeses, or using as taco shells
- Fresh herbs (and if you don't use them up, freeze them before they turn)

- A few packs of mushrooms-if your food supply is getting low, you can beef up recipes by putting mushrooms in them as they're a pretty satisfying thing to eat/chew.
- Sweet Potato, butternut squash, acorn squash, spaghetti squash
- Tons of onions, garlic, shallots (leeks are good too but they don't keep as long)

FRUIT:

Cucumbers, tomatoes, avocado, fresh berries (only if they're in season), lemons and limes, and 1 orange to use for peel and squeezing the juice into a recipe. I will also buy a gala apple to throw in recipes (Pork Chops with Apples in the IP).

FROZEN: spinach, peas, green beans, mirepoix (cut up onion, celery, and carrot as a starter for soups), cauliflower rice, wild blueberries, strawberries (if doing Strawberry Ice Cream)

Your freezer should have meats, frozen veg, any meals you've prepped ahead of time, and bones/scrap for your next round of broth making

EGGS! EGGS! EGGS! They're back in stock in my stores, and I buy 1 dozen a week for 2 people (only mentioning that for perspective-you know how much you should buy for your family).

DAIRY:

- 1 quart whole milk (not for drinking but to use in recipes)
- 2 pints heavy cream
- Full fat cheeses of your choice (bricks and shredded), plus a wedge of nice parmesan is great to have on hand)
- Full fat cream cheese and/or crème fraîche and/or greek yogurt
- BUTTER, Y'ALL!!!!

DAIRY SUBS:

As most of you know, even though my recipes are 50% dairy free, I am 100% dairy free, and since there are more and more of you going DF, here are some products I use as substitutes:

- Nut-based cheese substitutes (lately I've been using Miyoko, Violife, Chao, and Parmela brands—they all seem to have at least 1 offensive ingredient in them, so I don't use them that often)
- Several cans full fat coconut cream/milk with no sugar added (check every label)—to use in place of heavy cream in recipes or in coffee
- Raw cashews—these can be soaked in water and puréed, then used in recipes to thicken or in casseroles to help make them creamier
- Almond milk or non-dairy milk or creamer of choice (not for drinking but to use in recipes). Also see the recipe for Dairy Free Latte at annavocino.com for the best DF coffee drink you'll ever taste.

PANTRY:

- Several cans diced tomatoes (check the label for no sugar added)
- Tomato paste
- Salsa (check the label for no sugar added)
- Full fat coconut cream with no sugar added (see Dairy Subs)
- Canned pumpkin (for pie, bars, or pumpkin marinara—your fam will be amazed how you change things up)
- Nuts of choice: I get raw almonds, walnuts, pistachios, pecans, and pine nuts, but people love macadamias too. Purchase nuts preferably as raw as you can find them. If you want to roast nuts, go to annavocino.com for a Roasted Spiced Nuts recipe that will get the ideas flowing. Avoid processed roasted nuts.
- Almond Flour, coconut flour, fax meal
- Sardines, Canned salmon, Canned tuna (packed in water) if you like canned fish
- A small pack of sesame seeds for toasting, making your own sesame paste, or adding to a coating if you can't tolerate almond flour, same with a small pack of pumpkin seeds and/or sunflower seeds. No need to overdo the seeds (omega 6s), but a little is alright for some crunch in a recipe.

- Dried Spices and Herbs: garlic powder, onion powder, oregano, basil, cumin, smoked paprika, cinnamon, chili powder, thyme, dill are the most commonly used ones, then do white pepper, coriander, celery salt, turmeric, cardamom, Chinese five spice, allspice, nutmeg, ground ginger, ground mustard, etc as you have the funds to stock up
- Olive oil, avocado oil, coconut oil, beef tallow, lard, etc. NO SEED OILS: No canola, no sunflower oil, no corn oil, etc.
- Vinegars (balsamic, red wine, apple cider vinegar, and white wine vinegars are the ones I use most often—Spectrum brand is good and at a lot of chains—never buy anything with the word “glaze” on it as glaze=sugar).
- Coconut aminos or Gluten Free soy sauce
- Mayo, Frank's hot sauce, Tapatio, garlic chili paste (the one with the rooster on it)
- If you are making a treat for the fam, you can have coconut sugar, coconut nectar, honey, date syrup, and/or maple syrup on hand. But if these trigger you to make too many sweets—STOP and don't purchase them.
- Dried cherries or cranberries without sugar added to enhance a few recipes (completely optional)

QUICK COOKING TIPS:

- Remember: fastest cooking recipes are those that utilize the stovetop or grill only. Then the oven. Then the slow cooker. If you are sheltered at home/ quarantined, you can make slow cooker and IP dishes b/c you'll be at home to supervise them. I strongly suggest casseroles as they make larger portions and can be frozen: Monterey Casserole, Veggie Lasagna, Shepherd's Pie, Eggplant Parm, Sausage Zucchini Bake, Quesadilla Casserole, etc.

- And soups: which are plentiful in both cookbooks and can so easily be adapted to the ingredients you have on hand: Creamy Chicken Soup, Instant Pot Beef Pho, Albondigas Kale Soup, Jackie Split Pea Soup, Chicken Sage Soup, Pork Chile Verde, Bacon Miso Soup, Avgolemono, Roasted Tomato Basil Soup, etc, etc, etc, or create your own based on what needs to be cooked up in the fridge. It's easy and fun for the kids to pitch in.
- And hello! Save all of your bones and veggie scraps in the freezer (only scraps that have been cut and not gnawed on) and **MAKE BONE BROTH!**