

Your go-to grocery guide for shopping the South Philly Food Co-op.

Be Well with Beth and the SPFC team joined forces to help you get easy and nutritious meals on your table in a flash.



Catch an NBC10 clip of Beth at the co-op with Philly Live's Aunyea Lachelle

Here's what you'll find Inside this guide:

1. **A general grocery list** that has your busy lifestyle in mind. Load up on these shelf stable items that'll work for you - even if you wait weeks to use 'em.
2. **3 meals you can make in 5 minutes (and the shopping list to go along with it).** Check out what Beth and Aunyea shopped for in this Philly Live clip.
3. **5 quickie recipes** with a shopping checklist that you can use right here in the store.



General grocery list for busy people

Produce	Protein	Carbohydrate	Healthy Fats
Steamer frozen vegetables	Individually frozen fish	Minute brown rice or quinoa, farro, quick cook barley	Bone broth
Artichoke hearts (can/jar)	Ready to cook frozen fish	Potato/sweet potato	Walnuts/ walnut oil
Frozen fruit	Ready to cook frozen chick	Peeled corn on the cob	Sesame seeds/ sesame oil
Fruit canned in juice/water	Canned unsalted beans	Red lentil pasta	Almond butter
Carrots	Lentil pasta	Black bean pasta	Sun-nut butter
Cherry tomatoes	Chickpea pasta	Frozen corn	Avocado/Avocado oil
Celery	Edamame pasta	Butternut squash	Canola oil
Kale	Canned tuna/salmon	Spaghetti squash	Olives/ olive oil
Oranges	Eggs (cage free organic)	Acorn or delicata squash	Seasonings/marinades:
Apples	Grass fed beef	Lentils	Primal (good for blood sugar)
Lemon	Organic Chicken	Canned unsalted beans	Fody (good for IBS)
Ginger	Frozen shrimp	Lentil or bean pastas	Liquid aminos (good soy replacement)
Garlic	Ground turkey breast		
Onions			

These foods will last even if you don't get to the store often. Choose one item from each category for a well balanced meal. If you see an item in two categories then that item should count twice for the same meal.

3 Meals in 5 Minutes - Shop with Beth and Aunyea

Here is what we showcased on Philly Live

Shopping List:

- Frozen protein waffles (*Vans or Kodiak Cake are good brands*)
- High protein yogurt (*Siggi's is a good brand*)
- Frozen berries or fresh fruit
- Shishito peppers
- Salsa (*Fody brand is good for people with IBS*)
- Can of black beans
- Whole grain crackers (*Mary's gone is a good brand*)
- Frozen sweet potato fries (*Alexia is a good brand*)
- Frozen breaded fish sticks (*Ians is a good brand*)
- Ketchup or BBQ sauce (*Primal kitchen is a good brand for managing blood sugar*)

Breakfast:

Heat up a frozen protein waffle and top it with a thick high protein yogurt such as siggi's yogurt. Add fresh fruit, or for an extra oomph you can cook frozen fruit on a saucepan and make your own syrup!

Snack

Mix together salsa with a can of black beans and use Mary's gone crackers to scoop it up. (This is actually a well balanced meal of vegetables, beans and high fiber carbohydrates)

Dinner/Lunch

Cook your shishito peppers in the air fryer and eat them as an appetizer while you make your fish and chips. Cook the fish sticks and frozen french fries in the air fryer according to the package instructions. Use Primal Kitchen ketchup for a low sugar dip.

5 Quickie Recipes

Each recipe is intended to satisfy two people. It is OK to eyeball your portion sizes.

Recipe #1: Beans and “rice” in sauce

You may be surprised at how satisfied you feel after eating this simple meal.

Ingredients:

1. 1 cup of Cauliflower rice (rice your own cauliflower or buy a bag of fresh or frozen)
2. 1 can of rinsed beans (whatever flavor you choose. *Suggestion: kidney*)
3. 3 cups of frozen vegetables, *perhaps a bag of pepper and onions and a bag of spinach. Or choose an item that was roasted before they were frozen (ramps up the flavor!)*
4. Seasoning and oil (This one depends on your taste buds, you can go in any direction. *Suggestion: Grab a Saffron Road simmer sauce from the co-op or use a premixed taco seasoning or diy with salt, pepper, garlic, cumin, chili powder, paprika, oregano, red pepper*).

Instructions:

1. Cook the cauliflower rice on your stovetop with 1 tsp avocado oil and ¼ cup of water. Stir occasionally. Continue to cook until the water evaporates and the cauliflower becomes golden.
2. Follow the preparation instructions on your bag of frozen grilled vegetables.
3. Drain and rinse your canned beans.
4. Once the cauliflower rice is golden, add the beans and vegetables.
5. Pour in the simmer sauce and let sit on low heat for 5 minutes, or otherwise season to taste.

Recipe #2: Power Pasta.

This meal gives you a double dose of protein from both the noodles and the shrimp.

Ingredients

1. ½ box of edamame pasta
2. *Optional*; 1 cup of frozen pre-cooked shrimp (*There is still plenty of protein here even if you nix the shrimp*).
3. 1 ½ cups of frozen spinach or two cups of fresh kale/spinach
4. ½ cup sun dried tomatoes (You can eat these whole or cut them into slivers with kitchen scissors)
5. 1 tsp sesame oil
6. 1 tbsp avocado oil
7. Other seasonings to taste. *Suggestion: Primal Kitchen’s teriyaki marinade, or blend your own soy sauce, garlic and ginger.*

Instructions:

1. Boil water and follow the instructions on your box to cook your pasta
2. Place frozen shrimp (and, if you are using it, frozen spinach) in a colander. Run cold water over them to thaw and remove any excess ice crystals.
3. On a frying pan coated lightly with avocado oil, heat up shrimp, spinach or kale and sun dried tomatoes. (If using raw shrimp, cook until it becomes opaque).
4. Drain and rinse the edamame noodles.
5. Add shrimp and greens to the noodles. Add sesame oil, soy sauce and other seasonings.



Recipe #3: Deconstructed lettuce wraps

Save time chopping with this recipe. Each (healthy!) ingredient can be eaten practically right out of the package.

Ingredients:

1. Minute rice, quinoa or farro (*or use fresh quinoa which cooks in just 15 minutes*).
2. 1 bag of shredded broccoli slaw mix (*or shred some of your kale*)
3. ½ package of tofu or 1 package of chicken tenderloins
4. ¼ cup of walnut pieces
5. 1 can of water chestnuts
6. Season with Primal Kitchen Teriyaki sauce.

Instructions:

1. On your stovetop cook your tofu or chicken until meat is almost cooked through (season chicken with salt and pepper, the sauce adds more flavor later).. Then add your broccoli slaw or shredded kale. (Want an even faster solution? Buy pre-seasoned tofu squares or frozen pre-grilled chicken slices).
2. Stir in water chestnuts, walnut pieces, teriyaki sauce, then stir in the rice. Cook over medium heat until everything is warmed through.

Recipe #4: Sheet Pan Dinner: Chicken and Chips (*Kale chips, potato and chicken strips*).

Ingredients:

1. 2 cups of fresh kale
2. 1 large sweet potato or two small
3. 1 package of chicken tenderloin or 8 ounces of pre-cooked chicken strips
4. 1 tbsp avocado oil
5. You decide the flavor! *Grab a fun seasoning blend from the co-op.*

Instructions:

1. Preheat oven to 425F
2. Prepare your sweet potato: Pierce the potato skin with a fork 6-8 times. Cook for 5-8 minutes, rotating half way through. Let cool while you prepare the chicken.
3. Prepare your chicken: Line a sheet pan with tinfoil (easy cleanup, yay!) and place chicken along one side. If the chicken is raw, season with your Mrs. Dash blend and then place this in the oven at 425F for 15 minutes. Remove the tray after 15 minutes to add your other ingredients.
4. While the chicken is cooking: In a bowl, massage kale leaves with 2 tsp avocado oil and seasoning to taste (*Suggestion: Everything bagel seasoning tastes great on kale chips*).
5. Slice your sweet potato thin chip-like pieces and season to taste.
6. Turn the oven up to 450F. Add seasoned kale and sweet potato to the sheet pan and put the kale, chicken and potato slices back into the oven for 5 minutes or until the kale appears toasted.



Recipe #5: Old Bay Protein Patties

Both tuna and salmon are excellent sources of omega-3 fatty acids that reduce inflammation (did you know that stress can cause inflammation in the body?)

Ingredients:

1. 1 can of tuna or salmon
2. ¼ cup of oatmeal or bread crumbs
3. 1 egg
4. 1 cup of frozen corn and pea mixture
5. Old bay seasoning to taste

Instructions:

1. In a bowl, mix together tuna, oatmeal, an egg and 1 tsp old bay. The mixture should be sticky enough to form into a pancake shape. Add more oatmeal as needed. Form 2-3 cakes.
2. On the stovetop, cook cakes until golden.
3. Follow the instructions on your freezer bag to heat corn and peas. Add Old Bay to taste and serve alongside the protein patty.

Grocery list for 5 quickie recipes

Produce	Protein	Carbohydrate	Healthy Fats
Cauliflower rice One head or one container.	Canned beans Kor choose your favorite bean Choose 'no-salt-added'	Canned beans Kidney or choose your favorite bean Choose 'no-salt-added'	Avocado oil
Frozen vegetables Try a pre-grilled/roasted variety Peppers/onions	Edamame pasta	Edamame pasta	Sesame oil
Kale Get a big bag because it lasts.	Frozen pre-cooked shrimp	Plain minute brown rice, quinoa or farro Look for the least sodium	Walnut pieces
Spinach Get a small bag because it doesn't last as long. Or buy frozen.	Chicken tenderloins	Sweet potatoes At least one large but you can buy more because they last.	Seasonings: Garlic, soy sauce, ginger, salt, pepper, old bay, italian seasoning blend, premixed taco seasoning, whatever flavors you like!
Sun-dried tomatoes	Tofu Look for tofu fortified with iron and vitamin D. Extra firm.	Plain Oatmeal You only need ½ cup for these recipes.	Specifics from the co-op: Saffron rd simmer sauce Primal kitchen teriyaki Mrs. Dash seasoning blends
Shredded broccoli slaw mix One bag from the grocery aisle.	Canned tuna or salmon Buy a bunch because they last. Chunk light has low mercury. Salmon has even less.	Frozen corn and pea blend You'll need 2 cups of this.	
Frozen corn and pea blend You'll need 2 cups of this.	Eggs Organic/ free range have more omega-3 (good for stress).		
Canned water chestnuts			



If you are at the SPFC right now - Use this aisle by aisle checklist to shop

'5 quickie recipe' grocery list:

Produce Aisle:

- 1 head of cauliflower (unless you choose to buy frozen)
- Kale - Get a big bag
- Spinach - Get a small bag
- 1 large sweet potato

Frozen Aisle:

- Frozen peppers and onions - 1 bag
- Frozen corn and pea blend - 1 bag
- Cauliflower rice or frozen whole cauliflower - 1 bag
- Frozen spinach - 1 bag
- Frozen pre-cooked shrimp - 1 bag
- Chicken tenderloins or 2 boxes of tofu - 2lb

From the Fridge:

- Eggs - you only need one egg so use what you've got at home first!

Back of the store:

- Canned salmon or tuna - at least 1 can (but buy more so you have backup!)
- Avocado oil
- Sesame oil
- Canned beans - 1 can of kidney beans
- Minute brown rice or quinoa or farro
- Plain oatmeal (cereal aisle)
- Mrs. Dash seasoning blends
- Edamame pasta
- Sun-dried tomatoes (above pasta sauce)
- Saffron Road simmer sauce
- Primal Kitchen teriyaki
- Canned water chestnuts

Nut/Seed Wall

- Walnuts
- Quinoa

Hacks to find a healthy recipe:

When you google around for a recipe, add the word “dietitian” in quotes. Some dietitians are also chefs, you’ll find delicious AND healthy recipes on their blogs!

Use MyFridgeFood.com or SuperCook to get recipe inspiration based on the foods that are already in your house.

Here is what else you should know:

You can **meet with Beth virtually** to create your own personal shopping and meal lists. Beth offers nutrition counseling and wellness coaching that may be covered by your insurance. Learn more at <https://www.bewellwithbethphl.com/nutrition> or @bewellwithbeth on social.

Here at South Philly Food Co-op our mission is to use food as a force for good - at our tables, in our community and for our planet. We are a member- owned local food cooperative, however we welcome all to shop here. Come check out our fresh selection of locally grown produce, grocery, and lifestyle items! We also provide incentives for the community to improve access to healthier foods such as our Food Bucks and Co+op Deals program! Learn more by checking out our website <https://www.southphillyfood.coop/>.