

5 INGREDIENT SEMI-HOMEMADE Meals



50+
EASY RECIPES
WITH EXPERT
shopping tips

BOBBY PARRISH & DESSI PARRISH

5

**INGREDIENT
SEMI-HOMEMADE**

Meals

by *flavcity*



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50 Easy & Tasty Recipes Using
the Best Ingredients
from the Grocery Store

**BOBBY PARRISH AND DESSI
PARRISH**

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Using the Best Ingredients from the Grocery Store

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*This book is
dedicated to the millions
of FlawCity fans
around the world!*



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ABOUT THE AUTHORS



Writing a cookbook with Rose attached to our hip the entire time was a bit challenging, but I would not trade it for anything! While taking photos, Rose would either be in my arms, shaking the table, or pulling down the lights. She's my favorite ingredient and here's the best photo in the book!

INTRODUCTION




Raise your hand if you spend too much time in the grocery store staring at the wall of pastas, condiments, and cooking oils wondering which ones are the best. This cookbook is for you. It contains all my shopping knowledge along with over fifty epic recipes that use the best ingredients and products from the grocery store. Grocery shopping and cooking are my two big passions in life. If you follow me @flavcity on social media, you know this. So I thought it would be fun to not only teach you how to cook really easy and tasty meals using five ingredients, but also how to navigate the grocery store and choose the best items to cook with.





It amazes me how much garbage is out there! I mean, seriously—have you read the ingredients on some of these products? And how many of them are in your pantry and fridge right now? I'm going to school you on every single aisle in the grocery store and help you locate the major ingredient offenders to stay away from. Spoiler alert! These ingredients are in the majority of items from the middle aisles of the store. You're also going to learn how to take some truly amazing products that have best-in-class ingredients and make super easy and healthy recipes at home. These recipes are easy enough that anyone can make them. Yes, everyone. That was the reason I wanted to write this book. I believe the key to overall health is cooking your own meals and knowing exactly what goes into your body, along with a few workouts per week; if you do that, nothing can stop you!




I really think this book is one of a kind, combining expert shopping tips that I have learned while making hundreds of grocery haul videos on the *FlavCity* YouTube channel along with recipes that have monster flavor with minimal ingredients and effort.

We just launched the Bobby Approved app. I highly suggest giving it a try. It has all of my shopping knowledge, a detailed breakdown of every aisle in the store, and a bar code scanner that tells you if a product is Bobby Approved. Search for the app in the App Store and Google Play Store.

QUICK REFERENCE ICONS:

 KETO	 PALEO	 VEGAN
Indicates recipe is Ketogenic diet compliant	Indicates recipe is Paleo diet compliant	Indicates recipe is Vegan diet compliant

 —	 —	 —	 —
No Gluten (indicates recipes contains no gluten)	No Eggs (indicates recipes contains no eggs)	No Dairy (indicates recipes contains no dairy)	No Nuts (indicates recipes contains no nuts)

 —	 —	PANTRY —	 —
Video Tutorial (indicates there's a video tutorial on YouTube for this recipe)	Shopping Tip	Pantry Staple Ingredient	Wish List Ingredient

FLAVCITY CHANGED THE WAY I READ LABELS! I
DREADED READING LABELS BEFORE. I NEVER
PAID ATTENTION TO THE ADDED SUGARS,
NATURAL FLAVORS, OR TYPES OF OILS, AND
DIDN'T UNDERSTAND WHAT EXPELLER PRESSED
MEANT! THANKS TO FLAVCITY, READING
LABELS IS MUCH EASIER NOW AND TAKES LESS
TIME.

-MARIAM A.

SHOPPING TIPS

HOW TO NAVIGATE THE GROCERY STORE LIKE A BOSS

This book is loaded with shopping tips that will change the way you navigate the grocery store. Here are some general shopping guidelines before you get into recipes and detailed grocery tips. Keep in mind, I have hundreds of grocery haul videos on YouTube, including hauls from Costco, ALDI, Trader Joe's, Whole Foods, Walmart and more! If you ever have a question, search "FlavCity + XYZ" on YouTube.



Beef:

When it comes to beef, 100% grass fed is the way to go. Otherwise, the cattle eat a strict diet of GMO corn and soy. The nutritional profile of grass-fed beef is far superior to grain-fed, plus it's better for the environment, farmer, cows, and you. 100% grass fed is the same as grass fed and grass finished. If the label does not say one of those two terms, put it back. That means it was finished on grain and that defeats the whole point.

Chicken:

Always buy organic chicken and turkey. Better yet, it would be pasture raised, but you can't find that at the grocery store yet. Organic means the chickens are fed non-GMO grain, but the beauty of pasture raised is that the chickens are outside all day, not in a hen house, and the nutritional profile is much better. Find pasture-raised chicken at eatwild.com by searching using your zip code.

Pork:

Pasture-raised pork is unlike anything you have ever tried from the grocery store! The flavor and texture are lights-out and they don't stay inside eating GMO grains all day. Unfortunately, you can't find this at grocery stores. Search for local farms using your zip code at eatwild.com.



Shrimp:

Always go for wild-caught USA and Mexican shrimp. The farming practices for shrimp have a bad reputation, especially in Asia, and we have a bounty of wild-caught shrimp in this country.

Farm-Raised Salmon:

Farm-raised salmon gets a bad reputation. That's because there are lots of farms around the world doing it the wrong way. Overcrowded pens and low-quality feed—these are just a few cut corners when it comes to farm-raised salmon. I will teach you how to select the best-quality farmed salmon and why it's actually better for some recipes because it's so fatty, making it very hard to overcook. Search "FlavCity seafood buying guide" on YouTube to learn lots more.

Wild-Caught Salmon:

Wild-caught salmon is readily available these days, just make sure it's caught and processed in the USA. You would be surprised how much salmon is outsourced to China for processing. My only issue is that most wild-caught salmon is very lean and easy to overcook. That's why I tend to make salmon cakes and burgers with it. You will learn more about that in the seafood chapter.



Eggs:

I would highly recommend eating pasture-raised eggs, ideally organic. You don't want to eat eggs from chickens that never go outside and only eat GMO grains. Terms like cage-free and free-range mean nothing. It's just marketing jargon. Pastured chickens are outside all day eating bugs, worms, and only have a supplemental feed of grain, which is why I recommend organic, to avoid GMOs. Vital Farms' organic eggs are my go-to in stores, but search for local farms that sell pasture eggs by using your zip code at eatwild.com.

Milk:

Just like 100% grass-fed beef, grass-fed milk is where it's at. The nutritional profile is superior to conventional, and the cows don't eat any grain at all. You can find 100% grass-fed milk almost everywhere now. Go for full-fat dairy—always full fat because that's where the good stuff, like omega-3s and conjugated linoleic acid, is.

Yogurt:

Stop eating yogurt that has an added sugar, that stuff kills your gut bacteria, which is why I call cane sugar the devil! Stick with 100% grass-fed, whole-milk, plain yogurt. If you can't find grass-fed, go with organic, and Greek style is nice because the straining process lowers the natural sugar and increases protein. I recommend some great brands, including plant based, in the upcoming recipe pages.



Butter:
I always go for Kerrygold or Organic Valley cultured butter. It's a bit tougher to find 100% grass-fed butter, but these are two of the best options in the dairy section.

Cheese:
Same rule applies here, look for 100% grass-fed, or at least organic. I would never buy pre-grated cheese. They are loaded with anti-caking agents. Plus, they don't melt as well compared to grating it yourself. If you can find raw and 100% grass-fed cheese, that is the absolute best you can do. And guess what? I will show you how to find it!



THE MIDDLE AISLES

This is the scariest part of the grocery store—prepackaged foods, sauces, snacks, breads, and more, loaded with inflammatory plant-based oils, nasty preservatives, added sugar, artificial flavors, gluten, and more. But once you learn how to shop, which I will teach you, you will be able to avoid all that stuff and focus on the Bobby Approved products that are made with best-in-class ingredients.

THIS BOOK IS 100% GLUTEN FREE

Not because I'm allergic, it's because gluten is inflammatory, and we keep a keto and paleo house for the most part. If you want the best bread at the store, go for organic and sprouted bread. Search "FlavCity bread" on YouTube to learn lots more! There are lots of garbage gluten-free products at the store. I will show you how to choose the best-quality, most nutrient-dense items.

PROCESSED OILS

Stay away from any product that uses canola, soybean, corn, sunflower, or safflower oil. These are highly processed oils that are usually made from GMO crops and are very inflammatory. The problem is most ready-bought items use these oils, and the reason is because they are cheap! You will notice that I only cook with avocado, virgin coconut, and olive oil, and the Bobby Approved products used for these recipes contain only the best oils and other ingredients. Search "FlavCity cooking oil" on YouTube for lots more information.

CANE SUGAR IS THE DEVIL!

It not only makes us fat, but it also kills good gut bacteria and is inflammatory. It's amazing what happens to your body when you stop eating sugar along with other inflammatory foods. You start to lose weight and feel great! I have a fantastic video about the most inflammatory foods at the store. Search "FlavCity inflammation" on YouTube. There are incredible paleo sweeteners like maple syrup and honey, and keto sweeteners like monk fruit. These are the types of sweeteners we use in this book and what you want to have in your pantry. Search "FlavCity sweeteners" on YouTube. These videos have loads of information.

PRODUCE

I highly advise you to buy organic produce when it comes to the dirty dozen. These fruits and veggies are some of the most highly sprayed crops and scary levels of chemicals persist even after washing them!

(Check out EWG.com, they have excellent information of this topic.)

DIRTY DOZEN PLUS ONE

1. STRAWBERRIES
2. SPINACH
3. KALE
4. NECTARINES
5. APPLES
6. GRAPES
7. PEACHES
8. CHERRIES
9. PEARS
10. TOMATOES
11. CELERY
12. POTATOES
13. SWEET BELL PEPPERS

CLEAN FIFTEEN

- 1.AVOCADOS
- 2.PINEAPPLES
- 3.FROZEN SWEET PEAS
- 4.ONIONS
- 5.PAPAYAS
- 6.EGGPLANTS
- 7.ASPARAGUS
- 8.KIWIS
- 9.MANGOS
- 10CABBAGES
- 11CAULIFLOWER
- 12CANTALOUPE
- 13BROCCOLI
- 14MUSHROOMS
- 15.HONEYDEW MELONS

PANTRY STAPLES

SAVORY PANTRY ESSENTIALS

Here are the pantry staples you will need to make the recipes in this cookbook. I think we can all agree that cooking fats, vinegar, salt, pepper, etc. don't count as one of the five ingredients. It's really amazing what you can create with these pantry items, a few fresh things, and a store-bought Bobby Approved product. It's culinary magic!



Avocado Oil:

Goodbye, canola oil! Hello, avocado oil! The perfect neutral-flavored, high-heat oil that is heart healthy, unlike canola oil, which is derived from GMO grain, inflammatory, and horrible for your health.

Extra Virgin Olive Oil:
I'm not talking about a thirty-five-dollar bottle. Grab a bottle of California Olive Ranch EVOO. I mostly use it for drizzling over a dish, but once in a while to cook with too. Think of it as an everyday EVOO!



Virgin Coconut Oil:
Don't believe the hype; coconut oil is good for you! Yes, it's a saturated fat, but it's high in lauric acid and actually helps lower LDL cholesterol. Go for virgin coconut oil. That's the good stuff.



100% Grass-Fed Ghee:
O-M-Ghee, this liquid of the gods is not only tasty, it's also free of lactose and casein because it's pure milk fat—the milk solids have been removed.

