







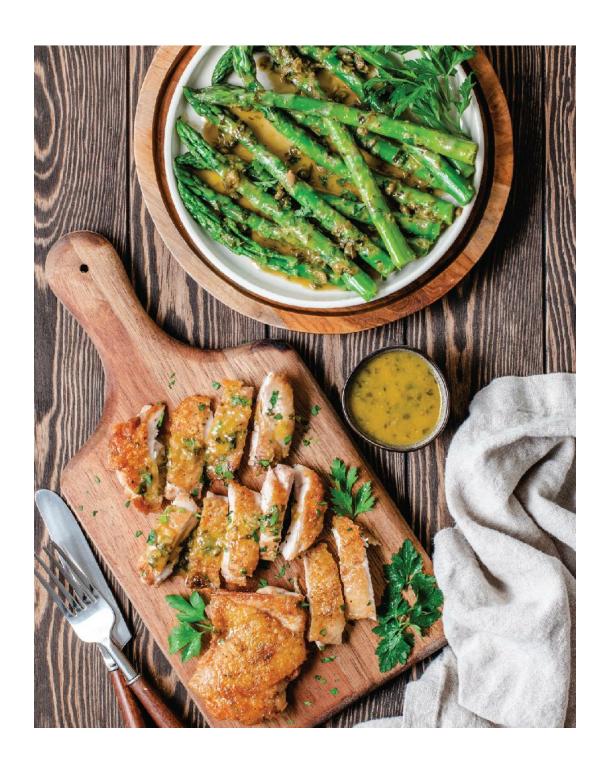
50 Easy & Tasty Recipes Using the Best Ingredients from the Grocery Store

BOBBY PARRISH AND DESSI PARRISH



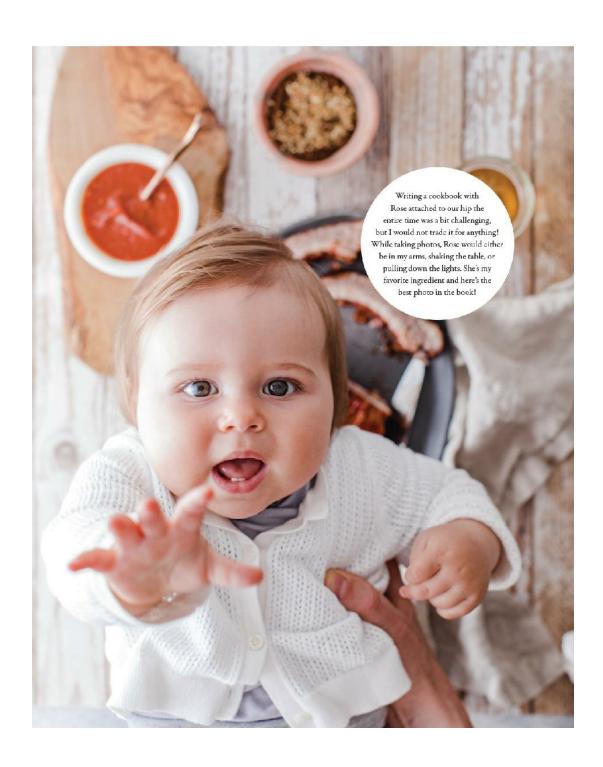






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INTRODUCTION

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, combing 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 Indicates recipe is Paleo Indicates recipe is Vegan is Ketogenic diet compliant diet compliant diet compliant No Gluten No Eggs No Dairy No Nuts (indicates recipes (indicates recipes (indicates recipes (indicates recipes contains no dairy) contains contains no eggs) contains no nuts) no gluten) You Tube PANTRY Video Tutorial Wish List Shopping Tip Pantry Staple (indicates there's Ingredient Ingredient a video tutorial on YouTube for this recipe)

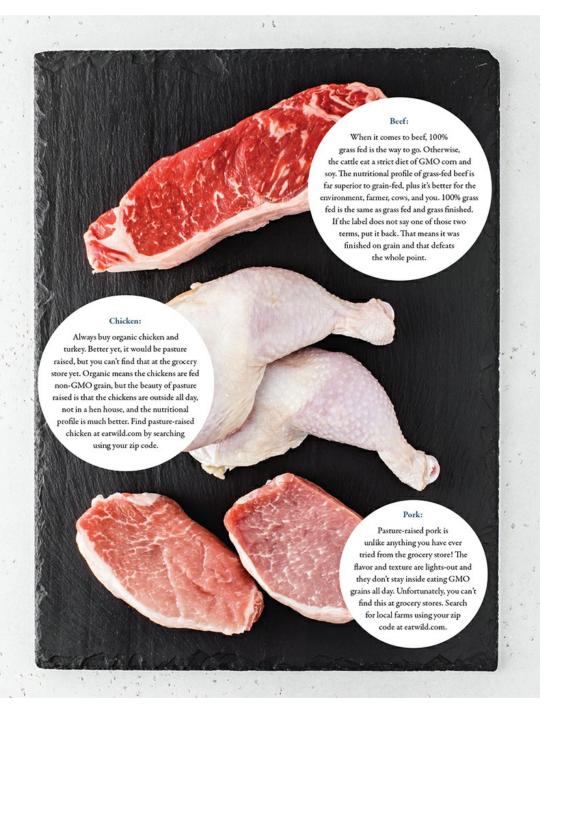
PLAVCITY CHANGED THE WAY I READ LABELS! I
DREADED READING LABELS BEFORE. I NEVER
PAID ATTENTION TO THE ADDED SUGARS,
NATURAL FLAVORS, OR TYPES OF OILS, AND
DIDN'T UNDERSTAND WHAT EXPELLER PRESSED
MEANT! THANKS TO FLAVCITY, READING
LABELS IS MUCH EASIER NOW AND TAKES LESS
TIME.

-MARIAM A.

SHOPPING TIPS

HOW TO NAVIGATE THE GROCERY STORE LIKE A BOSS

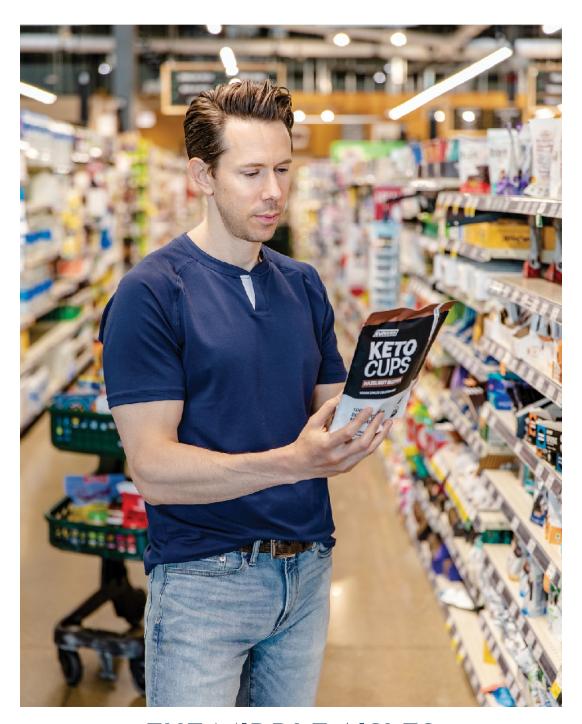
This book is loaded with shopping tips that will change the way you navigate the grocery store. Here are some general shopping guidelines before you get into recipes and detailed grocery tips. Keep in mind, I have hundreds of grocery haul videos on YouTube, including hauls from Costco, ALDI, Trader Joe's,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











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

10TOMATOES

11CELERY

12POTATOES

13SWEET 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

12CANTALOUPES

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 neutralflavored, 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 thirtyfive-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.



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.

