



Living Kitchen Cooks Grocery List

Week 1, May 4th

Week 2, May 11th

Staple Pantry Items:

Always check to make sure you have these in stock before you shop. We'll use these items pretty regularly and you'll see them show up in recipes often.

Extra virgin olive oil
Coconut oil
Avocado oil (you can sub extra virgin olive oil instead)
Sea salt
Pepper
Tamari (or soy sauce)
Apple cider vinegar
Maple syrup
Baking powder
Parchment paper

Week 1 List:

Produce:

14 cloves garlic (around 2 heads of garlic)
2 small shallots (or 1 yellow onion)
1 yellow onion
1 red onion (or 1 more yellow onion)
4 carrots
2 cups cauliflower florets (fresh or frozen)
5 cups green kale (1 bunch of kale) or sub other type of leafy green
1.5 cups cherry tomatoes or other type of tomato
2 cups green cabbage (you'll need more for Week 2, so get a whole cabbage)
2 cups red cabbage (you'll need more for Week 2, so get a whole cabbage)
2 limes
2 lemons
2 medium sweet potatoes
1 butternut squash (around 4 cups)
1 small celeriac (or 2 stalks celery)

Week 1 continued...

Optional Produce: You decide if you want to add these items in!

- ½ bunch cilantro (if want with tacos, rice pulao and avocado dip)
- ½ cup fresh basil leaves (if want with pasta)
- 1 green onion stalk (if want with rice pulao)
- 1 medium tomato (if want with tacos)
- 3 avocados (if want with tacos and if you want to make avocado dip)
- ½ cup frozen green peas (if want with rice pulao)
- 1 inch ginger (if want with squash soup)
- 1 large banana- ½ cup mashed (if making muffins)
- 1 cup berries of choice, fresh or frozen (if making muffins)

Vegetarian Protein Options:

- 1 14 oz can black beans (or 1.5 cups cooked beans)
- 2 14 oz cans chickpeas (or 3 cups cooked chickpeas)

Omnivore Protein Options:

- 1 lb ground beef, chicken or turkey (instead of black beans)
- 1 lb chicken breast or thigh, boneless/skinless (instead of 1 can of chickpeas)
- 1 can tuna

Dairy:

- ¼ cup plain yogurt or dairy-free yogurt (optional, if wanted with rice pulao)

Baking:

- 2 eggs
- ⅓ cup brown rice flour (or oat flour)
- ⅓ cup almond flour (or use more brown rice flour or oat flour)
- ¼ cup coconut sugar

Pantry:

- 6 corn or flour tortillas
- 1 cup brown basmati rice (or white basmati, white rice or brown rice)
- 2 servings of GF penne (or pasta of choice)
- 1 cup chickpea flour (sometimes called besan flour)

Week 1 continued...

Spices:

Chili powder

Onion powder

Granulated garlic powder

Ground cumin

Cumin seeds (or sub ground cumin)

Mustard seeds (omit if don't have)

Ground cinnamon (or cinnamon stick)

Green cardamom pods (or sub ground coriander)

Ground turmeric

Curry powder (optional, if wanted with squash soup)

Italian seasoning (optional, if wanted with squash soup)



Living Kitchen Cooks Grocery List

Week 1, May 4th

Week 2, May 11th

Week 2 List:

Produce:

7 cloves garlic (around 1 head garlic)
2 medium shallots
1 yellow onion
3 inches ginger
2 cups chopped kale (or sub other leafy green)
1 bunch green kale
2 cups purple cabbage
2 cups green cabbage
1 bunch broccoli
2 carrots
½ English cucumber
1 lime
3 lemons
8 oz brown cremini mushrooms
1 medium sweet potato
2 clementines or 1 orange

Optional Produce: You decide if you want to add these items in!

½ cup corn kernels (if want with chili)
Handful cilantro (if want with chili)
1 small container mixed salad greens (if want with burgers)
1 lb sweet potatoes or yellow/red potatoes (if want with burgers)

Vegetarian Protein Options:

½ cup dry brown or green lentils
1 14 oz can black beans (or 1.5 cups cooked beans)
1 block tofu
1 14 oz can chickpeas (or 1.5 cups cooked chickpeas)

Omnivore Protein Options:

1 lb ground beef or chicken or turkey (instead of lentils)
4 servings shrimp, peeled and deveined (instead of tofu)
1 lb chicken breasts or thighs OR salmon or fish of choice (instead of chickpeas)

Week 2 continued...

Pantry:

- 3 cups vegetable broth (or use bouillon cube)
- 1 28 oz can diced tomatoes
- 3 servings vermicelli rice noodles (or sub pad thai noodles)
- ½ cup peanut butter or almond butter or tahini
- 2 Tbsp rice vinegar
- 1 Tbsp balsamic vinegar
- 1 cup brown rice
- ½ cup hempseeds (or walnuts)
- ½ cup slivered or sliced almonds (or sub other nuts or seeds)

Dairy:

- 1.5 cups dairy free milk of choice (optional, if making the immune chai tea)

Baking:

- 2 cups dates (Medjool or other type, such as honey or baking dates)
- 2 cups walnuts (or sub pecans, almonds, sunflower seeds, hemp seeds)
- ¾ cup cacao powder (or cocoa powder)
- 100 gram dark chocolate bar (70% or darker)
- ½ cup natural or organic peanut butter (or sub almond butter or tahini)
- 1 cup puffed crispy rice cereal (or puffed quinoa, or omit from recipe)
- 1 tea bag roibos or black tea or tulsi tea (if want to make the Chai recipe)

Spices:

- Chili powder
- Paprika
- Ground cumin
- Cinnamon stick
- Green cardamom pods and/or cloves (omit if don't have)