



Living Kitchen Cooks Grocery List

Week 3, May 18th

Week 4, May 25th

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
Toasted sesame oil
Avocado oil (you can sub extra virgin olive oil instead)
Sea salt
Pepper
Tamari (or soy sauce)
Apple cider vinegar
Maple syrup
Honey
Dijon mustard
Baking powder
Baking soda
Parchment paper (if you like to use)

Week 3 Produce:

1 garlic bulb
2 inches ginger
1 red onion
2 yellow onions
1 orange
3 lemons
1 grapefruit
3 limes
1 avocado
1 bunch broccolini or broccoli
2 baby bok choy (or 2 cups green cabbage)
1 cup shredded cabbage (green or purple)
1 bunch kale
1 sweet potato

1 cucumber
2 carrots
2 radishes (only need a few, so can be optional)
1 bunch fresh cilantro
¼ cup fresh mint
1 cup mango (fresh or frozen)
1 banana

Week 3 Optional Produce:

A few sprigs of fresh thyme (for citrus salmon or tofu sheet pan wonder)
3 to 4 cups slivered cabbage (if want with Middle Eastern Chicken or Chickpeas)
1 cauliflower (if want with Middle Eastern Chicken or Chickpeas)

Week 4 Produce:

4 inches ginger
5 cloves garlic
1 lb yellow potatoes (or other type)
1 bunch broccoli
6 limes
2 lemons
2 medium zucchini (only get 1 if not making zucchini bread)
4 carrots
4 cups slivered green cabbage
1 bunch green kale
1 large sweet potato
½ bunch parsley
8 oz brown cremini mushrooms
2.5 cups baby spinach (or regular spinach chopped)
1 English cucumber
1 beet

Week 4 Optional Produce:

1 stalk green onion (if want for topping ponzu salmon)
¼ cup cilantro (if want for topping pad thai)

Week 3 Omnivore Protein Options:

4 servings salmon or rainbow trout
1 lb chicken thighs, boneless/skinless
1 ½ cups cooked chicken or ¾ lb raw chicken thighs (optional - for mexican tortilla soup recipe)
12 shrimp or 1 cup cooked chicken (optional - for Vietnamese Rice Noodle Rainbow Salad)

Week 3 Vegetarian Protein Options:

- 1 block tofu
 - 1 19 oz can chickpeas (or 1.5 cups cooked chickpeas)
 - 1 15 oz can black beans
 - ½ block tofu or 1 cup chickpeas (optional - for Vietnamese Rice Noodle Rainbow Salad)
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Week 4 Omnivore Protein Options:

- 4 servings salmon
- 1 lb shrimp, peeled and deveined (or sub 1 lb chicken)
- 2 eggs
- 1 heaping cup cooked lentils (or if you prefer, sub 1 cup cooked chicken instead)

Week 4 Vegetarian Protein Options:

- 2 blocks tofu or tempeh
 - 2 eggs
 - 1 heaping cup cooked lentils
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Week 3 Pantry:

- 2 tsp coconut sugar (or use maple syrup or honey)
 - 3 Tbsp rice vinegar or brown rice vinegar (if you can't get, just use lime juice)
 - 2 ½ cups veggie or chicken broth (or sub bouillon cube)
 - 28 oz can diced tomatoes
 - 2 or more Tortillas OR tortilla chips
 - 1 package rice noodles (you only need ½ the package)
 - 2 cups coconut water or dairy-free milk (for green smoothie, can also sub w/ water)
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Week 4 Pantry:

- 8 oz rice noodles, pad thai thickness (or alternative that you like such as zucchini noodles)
- 6 oz GF dried penne (or legume/bean based pasta)
- ¼ cup coconut sugar
- ½ cup peanuts (or sub other nuts or seeds)
- ⅓ cup walnuts (or sub other nuts or seeds)
- 1.5 cups cooked chickpeas (or 1 14 oz can)
- 2 Tbsp tahini
- 2 cups marinara sauce
- ½ cup vegetable broth (or sub bouillon cube)

Week 4 Optional Pantry:

- Pickles (if want with the salad)
- Sauerkraut (if want with the salad)

Week 3 Dairy:

Dollop of yogurt or dairy-free yogurt (optional - for mexican tortilla soup)

Week 4 Dairy:

1 cup almond "ricotta" or real ricotta cheese (or sub cashew cheese)

Week 3 Baking:

1 cup tahini (or any nut or seed butter)
1 egg (can sub vegan chia or flax egg)
¼ cup cashews or almonds
½ cup dried cranberries or raisins
¼ cup goji berries (optional - can replace with raisins)
½ cup cacao nibs or dark chocolate chips
¼ cup pumpkin seeds
¼ cup sunflower seeds
2 tsp ground chia or flax (optional)

Week 4 Baking:

¼ cup coconut sugar
⅓ cup brown rice flour (or sub oat flour)
⅓ cup buckwheat flour (or sub oat flour)
2 eggs

Week 3 Spices:

Ground turmeric
Ground cumin
Paprika
Cinnamon
Chili powder
Sumac (optional)

Week 4 Spices:

Granulated garlic powder
Cinnamon