



Living Kitchen Cooks Grocery List

Week 5, June 1st

Week 6, June 8th

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 or coconut aminos)
Apple cider vinegar
Maple syrup
Honey
Dijon mustard
Baking powder
Baking soda
Parchment paper (if you like to use)

Week 5 Produce:

1 lb carrots (about 7)
2 cups green cabbage
2 kale leaves
5 celery stalks (or just 1 bunch of celery)
1 cucumber
1 cup edamame or green peas
Cilantro or parsley
4 oz shiitake mushrooms (about 11-18 mushrooms)
1 red pepper or 1 roasted red pepper from a jar
2 garlic cloves
2 lemons
1 bunch broccoli
3 stalks green onion
1 lime

Week 5 Optional Produce:

Parsley (for the roasted red pepper relish)

Fresh mint (for roasted carrots)

1 box mixed salad greens (for optional side with roasted red pepper relish)

Week 6 Produce:

11 cloves garlic

1 small onion (yellow or red)

1 medium shallot (or 2 ramps)

4 lemons

1 lime

2 zucchini

8 carrots

1 red pepper

1 yellow pepper

1 English cucumber

1 bunch green or lacinato kale

1 purple cabbage (need 5 cups shredded)

4 radishes

1 cup brussels sprouts

1 bunch broccoli

Week 6 Optional Produce:

2 Tbsp fresh cilantro or parsley (for keftas)

Week 5 Omnivore Protein Options:

4 x 5 oz pieces of salmon

1 cup cooked chicken or 12 shrimp (optional - for tangled salad)

4 eggs

Week 5 Vegetarian Protein Options:

1 brick of tempeh

½ package tofu (optional for roasted carrots)

1 cup chickpeas (optional for tangled salad)

4 eggs

Week 6 Omnivore Protein Options:

1 cup dried chickpeas (or sub 3 cups canned chickpeas)

1 lb ground turkey (or ground chicken or ground beef)
1 cup cooked chicken (optional, for Rainbow Slaw with Roasted Carrots)
1 lb shrimp, peeled and deveined (or sub 1 lb chicken)

Week 6 Vegetarian Protein Options:

1 cup dried chickpeas (or sub 3 cups canned chickpeas)
1 block tempeh
1 cup cooked chickpeas or other beans (optional, for Rainbow Slaw with Roasted Carrots)
1 block tofu (or tempeh)

Week 5 Pantry:

1/2 cup walnuts + 1/4 cup walnuts (optional)
1/2 package soba noodles
1/4 cup tahini
3 Tbsp sesame seeds (optional)
1 cup brown rice
Your favourite hot sauce

Week 6 Pantry:

1 Tbsp balsamic vinegar
1 Tbsp date syrup (or sub maple syrup or honey)
1/2 cup tahini
1/3 cup slivered almonds (or sub other nuts or seeds)
1 cup brown rice (or sub other type of rice, quinoa or cauliflower "rice")
1 cup coconut milk from the can

Week 5 Dairy:

1/2 package halloumi (optional, for roasted carrots, or sub tofu instead)

Week 6 Dairy:

1/2 cup dairy free, plain, unsweetened yogurt

Week 5 Baking:

1/2 cup almond butter (or peanut butter, tahini or other nut/seed butter)
1/2 cup raw cacao powder or cocoa powder
Small handful unsweetened shredded coconut (optional)

Week 6 Baking:

1 cup chickpea flour
1 cup oat flour
2 Tbsp nigella seeds (or sub sesame seeds)
1 cup tahini
2 eggs
¼ cup coconut sugar
⅓ cup cacao powder or cocoa powder
¼ cup chopped chocolate bar or chocolate chips

Week 5 Spices:

Za'atar
Granulated garlic powder

Week 6 Spices:

Ground coriander
Ground cumin
Cinnamon
Granulated garlic powder
Sumac (skip if don't have)
Turmeric