



Living Kitchen Cooks Grocery List

Week 7, June 15th

Week 8, June 22nd

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 7 Produce:

2 yellow or red onion
2 garlic cloves
2 sweet potatoes
3-4 carrots
½ cup kale
1 cup fresh cilantro or parsley

Week 7 Optional Produce:

¼ cup fresh cilantro
¼ english cucumber (optional)
1 lb potatoes (if want on side of kebabs)
2 cups red cabbage (if want on side of kebabs)
1 cup green cabbage (if want on side of kebabs)

Week 8 Produce:

7 cloves garlic
1 inch ginger
1 head cauliflower (or 1 bag frozen cauliflower)
5 cups green cabbage (1 small cabbage)
2 limes
½ a bunch of cilantro
½ cup fresh basil
¼ cup fresh mint
3 Tbsp fresh dill (or sub parsley or mint)
1 small potato
½ a butternut squash
3 carrots
3 cups broccoli florets (1 bunch broccoli)
1 to 2 cups baby spinach (or other type of leafy green)
1 English cucumber
1 pint cherry tomatoes
1 red pepper
1.5 cups shiitake mushrooms
½ cup chives or ramps (for GF Chive Biscuits)
3 cups rhubarb (you could use apple or pear instead)
2 cups strawberries (optional, if want to add to Sweet & Tart Rhubarb Compote)

Week 8 Optional Produce:

1 cup chopped tomatoes or pico de gallo (for Roasted Cauliflower Tacos)
1 avocado or guacamole (for Roasted Cauliflower Tacos)
Handful peashoot sprouts or other sprouts (for Roasted Cauliflower Tacos)

Week 7 Omnivore Protein Options:

1 lb ground beef
2 eggs
1 lb chicken thighs

Week 7 Vegetarian Protein Options:

19 oz can kidney beans (or 2 cups cooked kidney beans)
1 cup french or green lentils
1 brick of tofu

Week 8 Omnivore Protein Options:

- 1 lb ground turkey or beef
- 1 lb chicken or 1 lb shrimp, peeled and deveined
- 4 servings salmon
- 1 lb ground turkey or chicken or beef

Week 8 Vegetarian Protein Options:

- 1.5 cups cooked lentils
 - 1 block tofu
 - 1 can chickpeas (or 1.5 cups cooked chickpeas)
 - 1 block tempeh
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Week 7 Pantry:

- ½ cup cooked brown rice
 - 3 Tbsp oat flour
 - 1 Tbsp ground flax (or 1 egg)
 - ½ cup pecans or nut of choice (optional)
 - ¼ cup walnuts
 - 2 Tbsp currants or raisins
 - Thai red curry paste
 - Peanut or almond butter
 - 2 tsp coconut sugar (or sub maple syrup or honey)
 - ¼ cup tahini, creamy brand if possible
 - 2 tsp cocoa powder or raw cacao powder
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Week 8 Pantry:

- 1 Tbsp tomato paste
 - 1 can coconut milk
 - 1 Tbsp green Thai curry paste (or red curry paste)
 - 1 cup jasmine rice (or other type of rice)
 - 6 oz vermicelli rice noodles
 - ½ cup kalamata olives (or other type of olives)
 - 3 Tbsp red wine vinegar (or sub apple cider vinegar)
 - 2 tsp toasted sesame oil
 - 2 Tbsp sesame seeds
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Week 7 Dairy:

¾ cup dairy-free milk

Week 8 Dairy:

6 Tbsp butter or dairy-free butter (for GF Chive Biscuits)

½ cup dairy free milk, unsweetened (for GF Chive Biscuits)

Week 7 Baking:

1 cup cornmeal

1 cup almond flour or oat flour

Week 8 Baking:

1 ½ cups brown rice flour

¼ tsp tapioca or arrowroot starch/flour

2 Tbsp coconut sugar (or sub maple syrup or honey)

Week 7 Spices:

Cumin

Smoked paprika (or normal paprika)

Chili powder

Cardamom or sumac

Garam masala

Curry powder

1 Tbsp fresh rosemary or thyme or 1 tsp dried (for maple cornmeal muffins)

Week 8 Spices:

Chili powder

Garlic powder

Onion powder