



Living Kitchen Cooks Grocery List

Week 9, June 29th

Week 10, July 6th

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 9 Produce:

1 butternut squash
½ kale bunch
3 lemons
1 lime
½ red onion
1 zucchini
1 cup broccoli florets
1 cup cauliflower florets
3 lbs small potatoes (new, red, purple, any kind)
½ lb asparagus (about 10 spears)
3 radishes
2 green onion stalks
2 celery stalks
2 Tbsp fresh dill

2 Tbsp fresh cilantro
1 cup + 2 Tbsp fresh basil leaves
2 Tbsp fresh mint
2 cups rhubarb (cut into 1 inch pieces)
2 cups pear (chopped into 1 inch cubes)

Week 9 Optional Produce:

Week 10 Produce:

2 cloves garlic
2 shallots
1 pint cherry tomatoes
2 zucchini
½ cup parsley
½ cup chives or green onions
2 Tbsp cilantro (or sub mint or other fresh herb)
2 lemons
2 limes
4 carrots
2 bunches broccoli
2 baby bok choy
1 bunch asparagus
1 bunch radishes
1.5 cups pineapple
½ an English cucumber (or large field cucumber)
1 inch ginger
10 fresh mint leaves

Week 10 Optional Produce:

Week 9 Omnivore Protein Options:

4 pieces of salmon

8 oz smoked salmon OR 2-4 eggs (optional, if want with Dilly Mustard Potato Salad)

Week 9 Vegetarian Protein Options:

1 ½ cups chickpeas or crispy chickpeas

1 block of tofu

1 can white beans (1.5 cups cooked beans) (optional, if want with Dilly Mustard Potato Salad)

Optional Proteins (for Lemony Tangled Pasta with Rainbow Veggies):

Crumbled feta

Grilled shrimp

Cooked chicken

Cooked salmon

Tofu or tempeh

Week 10 Omnivore Protein Options:

4 pieces salmon

2 lbs chicken, boneless/skinless

Week 10 Vegetarian Protein Options:

¼ cup green or brown lentils

1 block of tofu or tempeh or 1 can chickpeas (1.5 cups cooked chickpeas)

1 block tempeh

1 can chickpeas (1.5 cups cooked chickpeas)

Week 9 Pantry:

1 ¼ cup almond meal/flour

½ cup unsweetened shredded coconut

½ cup rolled oats

¼ cup whole almonds

¾ cup walnuts (optional)

1 tsp whole grain (or grainy) mustard

½ package gluten-free linguine noodles

1 Tbsp coconut milk or coconut cream

2 cups quinoa

½ cup chia seeds

Small handful of pumpkin seeds, sunflower seeds, sesame seeds and/or poppy seeds

Week 10 Pantry:

1 and ¼ cups brown rice (or sub quinoa)

¼ cup walnuts

2 Tbsp plus 1 tsp grainy mustard

2 Tbsp rice vinegar

3 Tbsp tahini (plus an additional ⅓ cup if making the Chocolate Cookie Bars)

Handful sesame seeds or hemp seeds (optional, topping for Goddess Bowl)

Week 9 Dairy:

Week 10 Dairy:

Week 9 Baking:

Week 10 Baking:

1.5 cups almond flour

¾ cup oat flour

1 - 7oz dark chocolate bar

Week 9 Spices:

1 tsp granulated garlic powder

1 tsp fresh thyme or ½ tsp dried thyme

¼ tsp cinnamon

Week 10 Spices: