



Living Kitchen Cooks Grocery List

Week 12, July 20th

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 12 Produce:

1 small leek (1 heaping cup)
2 small shallots
6 cloves garlic
2 heaping cups kale
½ a zucchini
1 bunch asparagus
1 medium sweet potato
1 lemon
1 bunch rapini (broccoli rabe)
2 cups shredded purple cabbage (½ of a small purple cabbage)
2 carrots
½ cup corn (1 ear of fresh corn or ½ cup frozen)
1 bunch parsley (1 and ½ cups)
1 small bunch mint (¼ cup)
1 small bunch cilantro OR basil (¼ cup)

1 green onion
1 inch ginger
2 avocados
1 cup blueberries, fresh or frozen (for muffin recipe)

Week 12 Omnivore Protein Options:

1 lb chicken breast or thigh, boneless/skinless (OR 1 lb scallops or white fish)
1 lb chicken breast or thigh, boneless/skinless

Week 12 Vegetarian Protein Options:

1 15-oz can chickpeas or white beans (1.5 cups)
4 servings legume based pasta (such as chickpea or lentil pasta)

Optional Proteins (for Rice Noodle Salad w/ Tahini Miso Dressing):

2 cups cooked chicken breast
12 cooked shrimp
1 small block tofu

Week 12 Pantry:

1 cup slivered or sliced almonds (or sub pre-made almond ricotta or goat cheese)
1 tsp nutritional yeast (skip if buying pre-made almond ricotta or goat cheese)
 $\frac{3}{4}$ cup macadamia nuts (or sub walnuts or almonds)
1 cup chickpea flour (sometimes called garbanzo flour or besan flour)
 $\frac{1}{2}$ cup rolled oats
1 cup Arborio rice
4 cups vegetable broth (can use bouillon cubes)
4 oz rice noodles (Pad Thai thickness)
 $\frac{1}{3}$ cup tahini
1.5 Tbsp miso paste
1.5 tsp rice vinegar

Week 12 Dairy:

Week 12 Baking:

$\frac{1}{4}$ cup plus 3 Tbsp coconut beverage or other dairy-free milk
Food grade peppermint essential oil or peppermint extract

½ cup dark chocolate bar, chopped or chocolate chips

½ cup buckwheat flour

½ cup brown rice flour

2 eggs

Week 12 Spices: