



Living Kitchen Cooks Grocery List

Week 14, August 3rd

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 14 Produce:

1 small eggplant
1 bunch dandelion greens (or spinach)
7 cloves garlic
1 cup basil leaves (1 bunch)
½ cup parsley
¼ cup cilantro
3 stalks green onion (½ a bunch)
1 lemon
4 limes
1 lb beets (around 4 medium or 8 mini beets)
2 medium zucchini (4 cups shredded zucchini)
Plus 1 additional zucchini
1.5 lbs sweet potato (2 medium-large) OR 1 container pre-made spiralized sweet potato
3 cups green cabbage, shredded
4 cups watermelon (or 1 large wedge)

Week 14 Omnivore Protein Options:

2 to 3 cups cooked chicken OR 1 cup goat or feta cheese (optional for Beet Chickpea Salad)
2 eggs
1 lb shrimp, peeled and deveined (optional for Sweet Potato Noodle “Pad Thai”)

Week 14 Vegetarian Protein Options:

2 eggs
1 block tofu or tempeh (optional for Sweet Potato Noodle “Pad Thai”)

Week 14 Pantry:

1 package pre-made cauliflower crust pizza (or other type of crust you like)
1 cup passata or tomato sauce of choice
 $\frac{3}{4}$ cup sundried tomatoes
1 - 19oz can chickpeas (or 1 and $\frac{3}{4}$ cups cooked chickpeas)
 $\frac{1}{4}$ cup arrowroot starch (or tapioca starch)
 $\frac{1}{3}$ cup almond butter
 $\frac{1}{4}$ cup tahini
 $\frac{1}{3}$ cup cashews
 $\frac{1}{4}$ cup macadamia nuts (or slivered almonds)
Wooden or bamboo skewers

Week 14 Dairy:

1 cup dairy-free cheese of choice, such as cashew cheese (or feta cheese)
 $\frac{1}{2}$ cup yogurt or dairy-free yogurt (optional for Zucchini Fritters)

Week 14 Baking:

2 Tbsp dark molasses
1 Tbsp ground chia seeds (or ground flax)
 $\frac{1}{4}$ cup chopped dark chocolate
 $\frac{1}{4}$ cup pumpkin seeds
1 cup rolled oats
1 cup coconut flakes, unsweetened

Week 14 Spices:

Garlic powder