



## Living Kitchen Cooks Grocery List

Week 13, July 27th

### ***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)

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### ***Week 11 Produce:***

1 small green or purple cabbage  
2 garlic cloves  
1 garlic scape or 2 garlic cloves  
1 medium yellow onion  
1 cup flat leaf parsley (or curly parsley or cilantro)  
Cilantro  
2 carrots  
1 cucumber  
2 apples (granny smith or honey crisp)  
1 cup chopped kale  
7 celery stalks  
Small or medium fennel  
2 lemons  
3 limes  
1 large tomato or 8-10 cherry tomatoes  
4-5 radishes

Small red onion or 2 green onion stalks  
¼ cup corn (optional)  
½ jalapeno (optional)  
6 cups greens (e.g. kale, swiss chard, zucchini, leafy tops of beets/radishes/turnips, spinach)  
1 avocado  
¼ cup black olives (optional)

***Week 11 Optional Produce:***

Fresh herbs of choice (e.g. basil, mint, cilantro and/or parsley)  
1 avocado  
2-3 sweet potatoes (to replace nacho chips)

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***Week 11 Omnivore Protein Options:***

1 lb salmon (or fish of choice e.g. trout, arctic char, sole, cod, halibut, black cod)  
4 eggs

***Week 11 Vegetarian Protein Options:***

1 cup chickpeas or crispy chickpeas  
15oz can black beans

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***Week 11 Pantry:***

1/2 cup pecans  
¼ cup pistachios  
Rice noodles (medium wide/stir-fry variety)  
¼ cup apple cider vinegar  
2 Tbsp red wine vinegar  
3 Tbsp honey  
2 Tbsp coconut sugar  
Hot sauce (optional)  
2 cups rolled oats  
½ cup roughly chopped almonds  
¼ cup combo of hemp seeds, sunflower seeds and pumpkin seeds  
¼ cup whole chia seeds  
¾ cup nut/seed butter of choice  
2 Tbsp dark or semi sweet chocolate chips  
1 cup cashews (for loaded nachos - vegan cheese)  
⅓ cup nutritional yeast (for loaded nachos - vegan cheese)

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***Week 11 Dairy:***

Feta (optional) - for shakshuka

Dairy or dairy-free yogurt (optional) - for shakshuka

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***Week 11 Spices:***

1 tsp ground cumin

1 Tbsp poppy seeds

½ tsp chili powder

½ tsp turmeric

***Week 11 Spices Optional:***

Harissa - for shakshuka

½ tsp smoked paprika - if replacing nacho chips with sweet potatoes

½ tsp cumin - if replacing nacho chips with sweet potatoes

½ tsp chili powder - if replacing nacho chips with sweet potatoes