



## Living Kitchen Cooks Grocery List

Week 16, August 17th

### ***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 16 Produce:***

2 cups sorrel (or sub baby spinach)  
1.5 cups basil  
2 Tbsp parsley (or other fresh herb)  
2 lemons  
2 limes  
½ cup cherry tomatoes  
1 avocado  
3 cloves garlic  
1 inch ginger  
1 bunch broccoli  
4 carrots  
4 cups shredded purple cabbage (or green cabbage)  
1 pint cherry tomatoes  
2 ears corn  
3 mini cucumbers

1 head green leaf lettuce (or romaine, red leaf, kale or mixed greens)  
4 Asian eggplants (or 2 medium Italian eggplants)  
1 red pepper  
1.5 cups cantaloupe  
1 cup frozen blueberries (or sub fresh)

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***Week 16 Omnivore Protein Options:***

4 servings halibut (or other white fish of choice)  
2 cups cooked chicken cut in cubes (optional, Sesame Ramen Noodles)  
4 eggs (optional, Corn Tomato Summer Salad)  
4 servings salmon (optional, Roasted Eggplant with Miso)

***Week 16 Vegetarian Protein Options:***

1 - 14oz can white beans  
1 - 14oz can chickpeas  
1 additional 14oz can chickpeas (optional, Sesame Ramen Noodles)  
1 additional 14oz can white beans (optional, Corn Tomato Summer Salad)  
4 eggs (optional, Corn Tomato Summer Salad)  
1 block tempeh (optional, Roasted Eggplant with Miso)

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***Week 16 Pantry:***

2 packages gluten free ramen noodles  
3 Tbsp tahini  
3 Tbsp almond butter (or tahini)  
2.5 Tbsp rice vinegar  
3 Tbsp sesame seeds (optional, Sesame Ramen Noodles and Roasted Eggplant with Miso)  
¼ cup miso paste  
1 cup brown rice (optional, Roasted Eggplant with Miso)  
10 Asian rice paper wraps

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***Week 16 Dairy:***

½ cup yogurt or dairy-free yogurt

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***Week 16 Baking:***

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***Week 16 Spices:***