



Living Kitchen Cooks Grocery List

Week 18, August 31st

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
Rice vinegar
Maple syrup
Honey
Dijon mustard
Baking powder
Baking soda
Parchment paper (if you like to use)

Week 18 Produce:

2 cloves garlic
1 inch ginger
3 carrots
Additional 2 lbs rainbow carrots (or sub normal carrots)
¼ cup cilantro
2 stalks green onion
4 lemons
4 mini cucumbers
1 red pepper
4 cups green kale (or sub lettuce that you like)
Additional 1 small bunch green kale (or sub collards or spinach)
1 head butter lettuce (or Boston lettuce or other head lettuce)
½ lb asparagus
1 cauliflower
½ lb brussels sprouts

4 handfuls pea shoot sprouts (or sub other green sprouts)
1 medium zucchini
4 oz shiitake mushrooms
2 $\frac{3}{4}$ cups strawberries
 $\frac{1}{2}$ cup raspberries

Week 18 Omnivore Protein Options:

1 cup hummus
2 cups cooked chicken, cut in cubes or shredded (optional for Moroccan Carrot Slaw Bowl)
1 lb ground turkey (or sub chicken or beef)

Week 18 Vegetarian Protein Options:

1 cup hummus
1 small can chickpeas or 1.5 cups cooked chickpeas (optional for Moroccan Carrot Slaw Bowl)
1 block tempeh

Week 18 Pantry:

2 Tbsp currants (or sub chopped raisins)
 $\frac{1}{2}$ cup green olives (or sub other type that you like)
 $\frac{1}{4}$ cup sundried tomatoes
 $\frac{1}{2}$ cup almonds or hazelnuts
2 Tbsp sesame seeds
8 oz soba noodles (GF if needed)
1 small container sauerkraut
 $\frac{1}{2}$ cup hempseeds
2 Tbsp sesame seeds

Week 18 Dairy:

$\frac{1}{2}$ cup plain, unsweetened yogurt or dairy-free yogurt

Week 18 Baking:

1 cup berry juice or apple juice
 $\frac{1}{2}$ cup grass-fed gelatin (or sub 6 Tbsp agar agar powder)
2 cups almond flour
1 tsp vanilla extract
2 eggs
Parchment muffin liners (if you like to use)

Week 18 Spices:

Ground cinnamon

Ground cumin or cumin seeds

Ground coriander or coriander seeds