



Living Kitchen Cooks Grocery List

Week 19, September 7th

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 17 Produce:

½ head large romaine lettuce
½ cup shredded purple or green cabbage
½ cup chopped kale
2 radishes
¼ red pepper
1 celery stalk
1 avocado
1 lemon
1 lime
7 garlic clove
4 persian cucumbers
1-2 firm but ripe peaches
Small handful fresh basil
2 cups brussel sprouts
1 lb shishito peppers

For the Make-Ahead Jarred Meals:

Cabbage

Carrots
Peppers
Celery
Radishes
Lemon
Kale

Week 17 Omnivore Protein Options:

Shredded chicken (optional for the Jarred Meals)
1 egg

Week 17 Vegetarian Protein Options:

1 brick tempeh

Week 17 Pantry:

½ cup crispy chickpeas
3 Tbsp maple syrup
5 Tbsp tamari
¼ cup tahini
¼ tsp apple cider vinegar
1 tsp dijon mustard
1 Tbsp sesame oil
2 Tbsp nutritional yeast (or parmesan cheese or chopped capers, or omit - from tahini caesar)
Cooked quinoa (optional for Jarred Meals)
Soba noodles (optional for Jarred Meals)
Vermicelli noodles (optional for Jarred Meals)
1 tsp miso (optional for jarred meals)
2 Tbsp miso (for creamy Brussel sprouts)
¼ cup walnuts
½ cup coconut sugar
1 cup almond flour
100 gram bar of dark chocolate or ½ cup

Week 17 Dairy:

2 Tbsp plain, unsweetened yogurt (dairy or dairy-free)

Week 17 Spices:

½ tsp smoked paprika
¼ tsp oregano (optional for Jarred Meals)
½ tsp red pepper flakes (optional)
Small pinch sesame seeds
1 tsp vanilla
½ tsp baking soda