



Living Kitchen Cooks Grocery List
Week 22, September 28th

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 22 Produce:

2 small yellow onions
8 cloves garlic
1 inch ginger
3 carrots
2 stalks/ribs celery
2 lemons
2 limes
¾ cup parsley
½ cup cilantro (or sub parsley)
½ cup basil leaves
½ cup mint leaves
1 zucchini
2 medium sweet potatoes
1 parsnip
1 pint cherry tomatoes

1 bunch green kale
2 ears corn
1 avocado
1 cup strawberries (or berries of choice)

Week 22 Omnivore Protein Options:

2 lbs chicken breasts or thighs, boneless/skinless

Week 22 Vegetarian Protein Options:

1 cup French lentils (or brown or green lentils)
1 15-oz can black beans
1 15-oz can chickpeas

Week 22 Pantry:

2 14-oz cans diced tomatoes
7 cups vegetable broth (bouillon cube is fine or chicken broth)
1 cup quinoa (optional, Warming Moroccan Stew)
4 servings GF pasta (or pasta of choice)
½ cup sundried tomatoes
⅓ cup walnuts (or sub other nut or seed such as almond, pinenut, sunflower seeds)

Week 22 Dairy:

¼ cup dairy-free parmesan “cheese” (or parmesan cheese)
1 and ¼ cups dairy-free milk of choice, unsweetened (Almond Cacao Chia Pudding)

Week 22 Baking:

¼ cup tahini
2 Tbsp almond butter (or peanut butter or tahini)
½ cup coconut sugar
1 cup almond flour
3 Tbsp coconut flour
1 cup dark chocolate bar (or chocolate chips)
1 egg
2 Tbsp cacao powder (or cocoa powder)
¼ cup chia seeds

Week 22 Spices:

Paprika

Dried thyme
Turmeric
Ground coriander
Ground cumin
Cinnamon