



## Living Kitchen Cooks Grocery List

Week 23

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

1 acorn squash  
4 cups sliced kale  
1 apple  
½ cup pomegranate seeds  
Fresh basil or mint  
1 yellow onion  
1 red onion  
2 red peppers  
2 carrots  
8 garlic cloves  
1 lemon  
2 zucchinis  
2 big handful greens (spinach or mesclun greens or kale)  
6 cherry tomatoes  
1 lemongrass stalk  
1 lime  
1 cup shredded purple cabbage  
220 grams (2 packages) mixed mushrooms

**Optional Produce:**

1 avocado (optional for topping soup)  
A few cherry tomatoes (optional for topping soup)  
1 green onion stalk (optional for topping soup)  
Cilantro  
Red chili pepper

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**Omnivore Protein Options:**

1.5 lbs chicken breast or thighs  
1 lb ground chicken  
3 Tbsp dairy or dairy-free yogurt

**Vegetarian Protein Options:**

2 cans black beans  
1 brick tofu

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**Pantry:**

½ cup pecans  
Apple cider vinegar  
4 cups veggie stock  
Balsamic vinegar  
1 ¾ cups walnuts  
Coconut milk  
Tamari  
Shirataki noodles  
1 tsp white miso  
1 ½ cups rolled oats  
1 cup medjool dates (about 9)  
¼ cup raw cacao or cocoa powder  
¾ cup dark chocolate chips

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**Spices:**

1/2 tsp ground turmeric  
1 tsp cumin  
2 tsp oregano  
½ tsp chili flakes (optional)  
½ tsp chili powder  
Sesame seeds  
Flaked sea salt