



Living Kitchen Cooks Grocery List

Week 24, October 12th

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 24 Produce:

14 cloves garlic
1 bunch broccolini (broccollette)
2 bunches kale (or 1 bunch kale and 1 bunch collards)
1 lemon
1 lime
1 avocado (optional, Eggs and Black Bean Bowl)
2 delicata squash
2 cups green or purple cabbage
1 carrot
1 medium zucchini (1 cup grated)

Week 24 Omnivore Protein Options:

2 cups cooked chicken (optional, Quick Sesame Garlic Noodles)
2- 15 oz cans black beans

4 eggs
12 cooked shrimp (optional, Peanut Thai Kale Wild Rice)

Week 24 Vegetarian Protein Options:

1 block tofu (optional, Quick Sesame Garlic Noodles)
2- 15 oz cans black beans
4 eggs
1 cup cooked tempeh cut in cubes (optional, Peanut Thai Kale Wild Rice)

Week 24 Pantry:

4 servings soba noodles (gluten free if needed)
¼ cup sesame seeds
4 pieces sourdough or gluten free bread (optional, Eggs and Black Bean Bowl)
⅓ cup dried cranberries
⅓ cup almonds or walnuts
⅓ cup cashews
3 Tbsp tahini
3 Tbsp peanut butter (or almond butter or tahini)
½ cup wild rice
¼ cup brown rice
⅓ cup coconut flakes

Week 24 Dairy:

¼ cup dairy free, unsweetened milk
1.5 cups macadamia nut milk (or other dairy free, unsweetened milk)

Week 24 Baking:

3 eggs
⅓ cup coconut sugar
½ cup cacao powder (or unsweetened cocoa powder)
⅓ cup chocolate chips or dark chocolate bar, chopped
¾ cup gluten free flour blend
⅓ cup oat flour
2 Tbsp hempseeds
1 Medjool date (or 1 Tbsp date syrup or sub honey)

Week 24 Spices:

Red pepper flakes (optional)
Chili powder

Cinnamon
Ground turmeric