



Living Kitchen Cooks Grocery List

Week 25, October 19th

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)

Produce:

1 small or ½ large cauliflower
2 lemons
Garlic
3-4 beets
5 carrots
8 radishes
4 radishes (a different variety than above, if possible)
4 kale leaves
1 ½ cups shredded purple cabbage
1 cup shredded green cabbage
1 blood orange (or normal orange)
2 oranges
2 onions
2 parsnips
2 celery stalks
1 zucchini
1 pepper

Optional Produce:

mint

Omnivore Protein Options:

4 - 4oz salmon fillets
3 eggs
1 lb ground chicken, turkey or beef

Vegetarian Protein Options:

1 can chickpeas
1 cup brown lentils

Pantry:

2 tsp balsamic vinegar
2 pitas or tortillas (GF or non)
½ cup black and white sesame seeds
1 Tbsp apple cider vinegar
28 oz can diced or crushed tomatoes
4 1/2 cups broth
2 Tbsp honey
2 cups almond flour
Baking powder
750 ml jar tomato sauce

Dairy:

½ cup dairy or dairy-free yogurt
¾ cup creamy tahini

Spices:

½ tsp granulated garlic powder
3 tsp sumac
1 tsp cumin
1 tsp turmeric
1 tsp cinnamon