



Living Kitchen Cooks Grocery List

Week 26, October 26th

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 26 Produce:

1 bunch chard leaves
4 carrots
1 parsnip
½ English cucumber
2 cup shredded purple cabbage (or sub green or Napa)
3 inches ginger
8 cloves garlic
1 small yellow onion
1 shallot
2 big handfuls kale, chopped
2 heaping cups broccoli florets
1 lemon
8 oz brown cremini mushrooms
2 large sweet potatoes
8 to 10 oz fresh cranberries

1 orange zested (optional Homemade Cranberry Sauce)
1 apple (optional Homemade Cranberry Sauce)
Handful cilantro (optional for Easy Go-To Dal)
1 lime (optional for Easy Go-To Dal)

Week 26 Omnivore Protein Options:

1½ lbs chicken breast (or 1 lb chicken thighs and ½ lb chicken breasts)

Week 26 Vegetarian Protein Options:

½ block tofu
1 cup red lentils
3 cups legume based pasta (such as lentil rotini)

Week 26 Pantry:

¼ cup almond butter (or peanut butter or tahini)
Sprinkle or hempseeds (optional for Easy Go-To Dal)
2 cups vegetable broth (or sub bouillon cube)
1 - 24 oz jar marinara sauce
8 oz gluten free penne (or sub penne of choice)
1.5 Tbsp oil packed sundried tomatoes (or sub regular sundried tomatoes)
2 Tbsp nutritional yeast
5 Tbsp pumpkin seeds
¼ cup coconut sugar

Week 26 Dairy:

1 container cashew cheese (or almond “ricotta” or regular ricotta cheese)

Week 26 Baking:

Week 26 Spices:

Pumpkin pie spice (or sub cinnamon, ginger, cloves and nutmeg)
Ground cumin
Ground coriander
Ground turmeric