



Living Kitchen Cooks Grocery List

Week 27

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:

2 bulb garlic
1 small head dinosaur kale
4 oranges
2 lemons
12 oz mushrooms (cremini and shiitake)
2 yellow onions
Small bundle fresh thyme
1 spaghetti squash
2 carrots
2 radishes
1 small pomegranate or ½ cup pomegranate seeds
1 small cauliflower
2 cups brussel sprouts
1 medium sweet potato (or 1 can unsweetened sweet potato puree)

Omnivore Protein Options:

4 x 4-5oz piece salmon
3 eggs

Vegetarian Protein Options:

1 cup french or black lentils

Pantry:

$\frac{3}{4}$ cup almonds

$\frac{1}{3}$ - $\frac{1}{2}$ cup kalamata olives

3 Tbsp apple cider vinegar

4 cups veggie broth

$\frac{1}{2}$ cup walnuts

1 Tbsp miso

3 cups almond flour

$\frac{1}{4}$ cup arrowroot flour

$\frac{2}{3}$ cup raw cacao or cocoa powder

$\frac{1}{2}$ cup coconut sugar

Sweet thai chili sauce (we like Naked brand)

$\frac{1}{2}$ cup butter, coconut oil or extra virgin olive oil

$\frac{1}{3}$ cup semi-sweet chocolate chips

Spices:

1 tsp turmeric

$\frac{1}{2}$ tsp cinnamon

$\frac{1}{2}$ tsp cumin

$\frac{1}{8}$ tsp red pepper flakes (optional)

1 Tbsp paprika

1 tsp cayenne (optional)

1 tsp granulated garlic powder

$\frac{1}{2}$ tsp baking soda

1 $\frac{1}{2}$ tsp pure vanilla extract