

**Groceries - Week Two (to serve 1, with leftovers) - from [Katie at the Kitchen Door](#)**

*Note: This list assumes that you have already made the meals which utilize leftovers from week one (the quinoa puttanesca, shakshuka, bulghur with butter roasted almonds and chicken, and apple quinoa cake) and does not include groceries for those meals. Also note that many ingredients overlap between weeks, so check your supply of shared ingredients (e.g. lentils, pecans, pecorino cheese) to confirm that you need more!*

<ul style="list-style-type: none"><li>● baby portabella mushrooms x8 oz.</li><li>● broccoli x6 small heads (for roasting)</li><li>● onions x3</li><li>● shallots x2</li><li>● garlic x2 heads</li><li>● fresh ginger x1/2 inch piece</li><li>● carrots x4</li><li>● beets x4</li><li>● tuscan kale x1 bunch</li><li>● baby arugula x1 5-oz. container</li><li>● baby spinach x1 5-oz. container</li><li>● parsley x1 bunch</li><li>● cilantro x1 bunch</li><li>● dill x1 bunch</li><li>● jalapeno pepper x1</li><li>● avocados x2</li><li>● fresh berries x1 pint, for parfaits</li><li>● apple x1</li><li>● pear x1</li><li>● lemons x2</li><li>● pomegranate x1 (3/4 c. seeds)</li><li>● banana x1</li><li>● clementines x4</li><li>● navel orange x1</li><li>● blood orange x1</li><li>● frozen raspberries x1 bag</li><li>● frozen mixed berries x1 bag</li><li>● orange juice x1 small container</li></ul>	<ul style="list-style-type: none"><li>● lentils x1/4 c.</li><li>● dried chickpeas x3/4 c.</li><li>● uncooked quinoa x1 c.</li><li>● uncooked brown rice x1/4 c.</li><li>● dried arbol chile x1</li><li>● pecans x2 c.</li><li>● wh. blanched almonds x3/4 c.</li><li>● sweetened, flaked coconut x1/2 c.</li><li>● dried cherries x1 1/2 c.</li><li>● nori x1 sm. package (optional)</li><li>● wh. wheat burger buns x2</li><li>● chickpea flour x1 c.</li><li>● chicken broth x2 32-oz. containers</li><li>● cannellini beans x1 14.5-oz can</li><li>● crushed tomatoes x 1 14.5-oz can</li><li>● boneless skinless chicken breast x1</li><li>● pitted kalamata olives xsm. container</li><li>● prepared pesto x1/2 c.</li><li>● greek yogurt x5 6-oz containers (at least one plain)</li><li>● skim milk x1c.</li><li>● buttermilk x1 1/2 c.</li><li>● skim ricotta x3/4 c.</li><li>● goat cheese x2 oz.</li><li>● pecorino cheese x1 small chunk</li><li>● parmesan cheese x1 small chunk</li><li>● eggs x1/2 dozen</li></ul>
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The above grocery list assumes that you have the following items in your pantry:

- canola oil
- olive oil
- butter
- white wine vinegar
- red wine vinegar
- sherry vinegar
- mustard
- honey
- maple syrup
- pomegranate molasses
- almond extract
- chocolate chips
- dried oregano
- dried parsley
- dried bay leaf
- paprika
- ground cinnamon
- cayenne pepper
- chili powder
- turmeric
- asafoetida (Indian spice)
- ground nutmeg
- whole cumin seeds
- whole mustard seeds
- whole coriander seeds
- oats
- whole wheat flour
- baking powder
- bread crumbs (preferably panko)