

# SATURDAY SHOPPING LIST // KEEPING WILLOW

OCTOBER 31, 2015 \*vegan alterations GF-gluten free alterations

## VEGETABLES//

- cauliflower
- sweet potatoes -2
- parsley (1 large or 2 small)
- garlic -2
- dried porcini mushrooms (1/2 oz/15 g)
- onions -2 medium
- celery
- mixed mushrooms -24 oz/650 g
- baby spinach -small
- brussel sprouts -1/2 lb/225 g
- red onion
- acorn squash -large
- shallot
- eggplant -medium
- kale (1 large or 2 small)
- beets with greens -6 (red, yellow or both)
- fresh sage

## NUTS & SEEDS//

- walnuts
- pepitas (pumpkin seeds)
- almonds (raw if possible)
- \* raw cashews -if vegan and making cashew cream

## M E N U

**S//** Autumn Glow Salad + chick peas  
**Su//** Balsamic Brussel Sprouts + Polenta  
**M//** Mushroom + Spinach Quinoa "Risotto"  
**T//** Spicy Squash Soup  
**W//** Eggplant Meatballs + Kale Pesto  
**Th//** White Bean Kale Salad  
**F//** Miso Browned Butter and Brie Pasta

## FRUIT//

- lemon -5
- apple -1 large
- pomegranate (opt)

## DAIRY//

- butter (\*vegan butter spread or coconut oil if vegan)
- parmesan cheese (\*sub vegan parm or nutritional yeast if vegan)
- goat cheese (opt for polenta)
- sour cream (opt)
- manchengo (opt)
- brie -8 oz (\*sub cashew cream + vegan parm)

## STAPLES//

- olive oil
- maple syrup
- chick peas -2 cans
- cider vinegar
- veg stock -2
- balsamic vinegar
- pumpkin puree -1 can
- white or butter beans -1 can
- tahini
- white miso paste

## DRY GOODS//

- quinoa and/or bulgar wheat
- polenta -med grind
- almond meal/flour
- spaghetti (GF sub spaghetti squash or GF spaghetti)

## SPICES//

- dried thyme
- ancho chili or regular chili powder
- cumin
- oregano
- ground coriander
- ground cloves
- sesame seeds
- sumac (opt)

## OTHER//

- bread (GF bread)

