



MAKE IT FUN HEALTH

Daring Adventure Cooking Jam - Week 6 Grocery List

Produce

- **Assorted mini potatoes:** 10–12 oz, or about 2 cups
- **Carrots:** 4 total — 3 for the stew and 1 for the shake
- **Celery:** 1 bunch
- **Onion:** 1
- **Garlic:** 1 bulb
- **Sliced mushrooms:** 4 oz
- **Green beans:** 6 oz
- **Bananas:** 1 or 2
- **Beets:** 1 bunch
- **Lemons or Limes:** 1

Choose your favorites for the salad and shake:

- **Leafy Greens:** Spinach, kale, mustard greens, arugula, or Swiss chard
- **Cruciferous Veggies:** Cabbage, broccoli, or cauliflower
- **Other Salad Veggies:** Tiny tomatoes, cucumber, sweet bell peppers, jicama, or radishes
- **Fresh Fruits:** Grapes, oranges, pears, pomegranate, avocado, kiwi, mango, pineapple, grapefruit, or clementines

Frozen

- **Frozen Berries or Cherries:** 1 or 2 bags — choose from blueberries, raspberries, strawberries, blackberries, cherries, or cranberries. If you choose cranberries, get another kind of berries too.

Pantry, Grains and Dry Beans

- **Veggie broth:** 3 to 4 cups, low or no-salt-added
- **Tomato paste:** 1 small can
- **Dry beans to home-cook:** 1 bag — any kind you'd like
- **Whole grains for salad:** choose from brown rice, quinoa, barley, wild rice, or spelt
- **Apple cider vinegar:** 1 bottle — only needed if you don't have a lemon or lime
- **Seedless dates:** 1 package

Nuts, Seeds and Sprouting

- **Ground flaxseed:**
- **Nuts:** your choice of walnuts, pecans, almonds, cashews, peanuts, or pistachios
- **Other Seeds:** choose from chia, hemp, pumpkin, sesame, or sunflower seeds
- **Sprouting Seeds:** choose from organic mung beans or broccoli, kale, clover, or fenugreek seeds

Herbs and Spices

- Fresh parsley, mint, cilantro, basil, or dill, optional
- Smoked paprika
- Dried thyme
- Dried rosemary
- Bay leaves
- Black peppercorns for fresh pepper
- Red pepper flakes
- Salad Spices: One or two of the following - sumac, garlic powder, onion powder, chipotle powder, cumin, or ground ginger, optional

You can do it when you make it fun!