

KROCKS IN THE KITCHEN

“PREP WITH US” YOUTUBE LIVE STREAM GROCERY LIST

(SUNDAY, DECEMBER 13 AT 1PM CST)

NOTE: We will be making everything on the live stream, but I broke this list down into sections, so you can choose based on which recipes you want to follow along with!

OUR GIANT NIGHTLY SALADS:

This is what I usually buy to make giant salads for BOTH of us each night for about a week! Feel free to mix it up with whatever veggies you prefer!

PANTRY:

- **Black Beans** (2-3 x 15oz Cans; No Salt Added If Possible)
- **Garbanzo Beans** (2-3 x 15oz Cans; No Salt Added If Possible)
- **Chopped Dates** (1 x 8oz bag; we use Sun-Maid)
- **Nutritional Yeast** (OPTIONAL)
- **Balsamic Vinegar** (OPTIONAL)
- **Ground Flax Seed** (OPTIONAL)
- **Other Seasonings** (OPTIONAL)
- **White Vinegar** (needed only if using BANANA PEPPERS; 1 x 32oz Bottle)

FRESH VEGGIES:

- **Lettuce for Salads**
 - **Butter Lettuce** (3-4 bags)
 - **Iceberg** (3-4 heads)
 - **Baby Spinach** (1 x 16oz box)
- **Red Onions** (2-3 medium)
- **Celery** (1 bunch)
- **Whole Carrots** (1 x 2lb bag)
- **Zucchini** (2-3 large)
- **Bell Peppers** (3 multi-color / 3 green)
- **Banana Peppers** (6-8 large peppers)

+ Ingredients for Super Smoky Hummus (below) to use as salad dressing!

SUPER SMOKY HUMMUS (RECIPE HERE):

We use this for salad dressing and always make the double batch, which is about 4 cups worth. We'll probably make even more later in the week, so I usually have extra of all of these ingredients on hand!

PANTRY:

- **Garbanzo Beans** (2 x 15oz Cans)
- **Lemon Juice** (get a bottle or 1 large lemon; you'll need 3 Tbsp)
- **Liquid Smoke** (1 Tbsp; can swap Smoked Paprika instead)
- **Tahini** (1/4 cup)
- **Garlic Powder**
- **Paprika** (regular and/or smoked; we use both)
- **Cumin**

BLACK BEAN SOUP (RECIPE HERE):

This recipe makes 6 large servings. Leftovers freeze well!

PANTRY:

- **Black Beans** (6 x 15oz Cans; No Salt Added If Possible)
- **Low Sodium Vegetable Broth** OR **Better Than Bouillon** Organic Reduced Sodium Seasoned Vegetable Base (you'll need 2 cups of broth)
- **Salsa** (1 x 16oz jar)
- **Ketchup** (1 cup; we are using G Hughes Sugar Free Ketchup)
- **Chili Powder**
- **Smoked Paprika**
- **Garlic Powder**
- **Cumin**
- **Unsweetened Cocoa Powder**

STUFFED PEPPERS (RECIPE HERE):

This recipe makes 8 stuffed peppers and a TON of filling. Leftovers freeze well! The extra filling can be used on salads, tacos, etc.

PANTRY:

- **Taco Seasoning** (2 x 1 oz packets; we use Mrs. Wages **Salt-Free** Fire Roasted Tomato and Toasted Onion Taco Seasoning Mix)
- **Tomato Paste** (1 x 6oz can; No Salt Added If Possible)
- **Tomato Sauce** (1 x 15oz can; No Salt Added If Possible)
- **Better Than Bouillon** Organic Reduced Sodium Seasoned Vegetable Base (OPTIONAL; don't worry if you can't find it!)
- **Black Beans** (2 x 15oz Cans; No Salt Added If Possible)
- **Lime Juice** (get a bottle or 1-2 limes; you'll need 2 Tbsp)
- **Brown Rice** (1 cup uncooked; makes 3 cups cooked ***I suggest pre-cooking this before the live stream; we use an Instant Pot***)
- **Garlic Powder**
- **Chili Powder**
- **Cayenne pepper** OR **Crushed Red Pepper Flakes**
- **Smoked Paprika**
- **Onion Powder**
- **Oregano**

FRESH VEGGIES:

- **Bell Peppers** (8 large multi-color like red, orange or yellow)
- **Red Onions** (2 medium)
- **White Mushrooms** (1 6oz sliced if possible)
- **Jalapeño Peppers** (1 or 2; this is OPTIONAL)

FROZEN:

- **Riced Cauliflower** (24oz)
- **Frozen Corn** (you'll need 1 cup)

OTHER STUFF I'LL BUY FOR THE WEEK:

Here are a few extra things I will make sure we have on hand for the week! You won't need these for the recipes above, but we use these things regularly.

PANTRY:

- **Extra Canned Beans** (no-salt added from Whole Foods are my favorite)
- **Old-Fashioned Rolled Oats** (for oatmeal)
- **Nutmeg** (for Brian's Banana Sandwiches)
- **Cinnamon** (for Brian's Banana Sandwiches)
- **Whole Wheat Pita** (I like to eat a small toasted pita with hummus with lunch or dinner)
- **Spices / Salt-Free Seasoning Mixes** (anything we are low on!)

FRESH FRUIT:

- **Bananas** (for oatmeal & freezing for nice cream)
- **Apples** (snack with lunch)
- **Berries** (for oatmeal)

FROZEN:

- **Riced Cauliflower / Riced Veggie Mixes** (to bulk up meals if needed)
- **Steamable Bags of Veggies** (to bulk up meals if needed)
- **Ezekiel Bread** (for Brian's Banana Sandwiches)

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