



## Elementary School Ingredient List

### Pantry

#### *Baking*

- All-purpose flour - **WEEKS 3, 5, 6**
- Baking powder - **WEEK 5**
- Baking soda - **WEEK 5**
- Honey - **WEEK 1**
- Masa harina - **WEEK 4**
- Sugar - **WEEK 5**
- Tahini - **WEEKS 2, 9**
- Vanilla extract - **WEEK 5**

#### *Canned and Boxed Goods*

- 15-ounce can black beans (1) - **WEEK 4**
- 15-ounce can chickpeas (1) - **WEEK 2**
- 28-ounce can crushed tomatoes (1) - **WEEK 3**
- 14-ounce can diced fire-roasted tomatoes (1) - **WEEK 6**
- 1 quart container vegetable stock (2) - **WEEKS 6, 10**

#### *Cooking Oils*

- Olive oil - **WEEKS 2, 3, 4, 10**
- Sesame oil - **WEEKS 7, 10**

#### *Condiments*

- Chili garlic sauce - **WEEK 10**
- Mirin - **WEEK 10**
- Soy sauce - **WEEKS 7, 10**

#### *Dried Goods*

- Dried fruit (dried cherries, cranberries, raisins, figs, apricots, or dates) - **WEEK 5**
- Ramen noodles - **WEEK 10**
- Rice - **WEEKS 6, 7**
- Seeds (pepitas or sunflower seeds) - **WEEK 5**

### Spices

- Basil, dried - **WEEK 3**
- Cajun/Creole seasoning - **WEEK 6**
- Cinnamon, ground - **WEEKS 1, 5**
- Cumin, ground - **WEEKS 2, 4**
- Gochugaru (Korean Chili Flakes) - **WEEK 7**
- Nutmeg, ground - **WEEKS 5, 8**
- Oregano, dried - **WEEK 3**
- Sea salt - **WEEKS 2, 3, 4, 5**
- Sesame seeds - **WEEKS 7, 9**
- Thyme, dried - **WEEK 6**

### Fruits & Vegetables

#### *Fresh Herbs*

- Cilantro (1 bunch) - **WEEK 4**
- Mint (1 bunch) - **WEEK 1**

## *Fruits*

- Apple, pear, or tomato (1) - **WEEK 9**
- Lemon (1) - **WEEK 2**
- Limes (3) - **WEEKS 1, 4**
- Seasonal fruits (1 cup strawberries, apples, pears, apricots) - **WEEK 1**
- Fruit or vegetable of choice (1 cup shredded pear/apple/carrot/zucchini, or pumpkin puree/mashed banana) - **WEEK 5**

## *Vegetables*

- Asparagus or other seasonal vegetable - **WEEK 7**
- Baby greens (4 cups) - **WEEK 10**
- Bell pepper (4) - **WEEKS 6, 10**
- Broccoli (1 head) - **WEEK 9**
- Butternut squash (1) - **WEEK 4**
- Carrots (3-4) - **WEEKS 7, 9**
- Celery - **WEEKS 6, 9**
- Garlic (2 heads) - **WEEKS 2, 3, 4, 6, 7, 10**
- Ginger root (1) - **WEEK 10**
- Jalapeno pepper (1) - **WEEK 4, OPTIONAL**
- Mushrooms, button (12 oz) - **WEEKS 6, 8**
- Mushrooms, shiitake (12 oz) - **WEEKS 7, 10**
- Okra, fresh or frozen - **WEEK 6, OPTIONAL**
- Onions (2) - **WEEKS 3, 6**
- Radishes (4) - **WEEK 10**
- Scallions (1 bunch) - **WEEKS 4, 7, 10**
- Swiss chard or kale (1 bunch) - **WEEKS 7, 9**

## Dairy & Eggs

- Butter, unsalted (2 sticks) - **WEEKS 5, 6, 8**
- Cheese, shredded, gruyere, swiss, or sharp cheddar - **WEEK 8**
- Eggs, large (20) - **WEEKS 5, 7, 8 10**
- Milk - **WEEK 8**
- Yogurt, plain - **WEEKS 1, 5**

## Week 1

- Lime (1)
- Plain yogurt (1½ cups)
- Ground cinnamon
- Mint (1 bunch)
- Seasonal fruits (1 cup strawberries, apples, pears, apricots)
- Honey

## Week 2

- 15-ounce can chickpeas (1)
- Tahini
- Ground cumin
- Lemon
- Sea salt
- Olive oil

## Week 3

- All-purpose flour
- Olive oil
- 28-ounce can crushed tomatoes (1)

- Dried oregano
- Dried basil
- Onion (1)
- Garlic
- Sea salt

#### **Week 4**

- Masa harina
- Ground cumin
- Sea salt
- Olive oil
- Butternut squash
- 15-ounce can black beans (1)
- Scallions (1 bunch)
- Garlic
- Limes (2)
- Cilantro (1 bunch)
- Jalapeno (1) (optional)

#### **Week 5**

- Fruit or vegetable of choice (1 cup shredded pear/apple/carrot/zucchini, or 1 cup pumpkin puree/ mashed banana)
- Seeds (pepitas or sunflower seeds)
- Dried fruit (dried cherries, cranberries, raisins, figs, apricots, or dates)
- All-purpose flour
- Sugar
- Baking powder
- Sea salt
- Baking soda
- Ground cinnamon
- Ground nutmeg
- Eggs (2)
- Butter or refined coconut oil ( $\frac{1}{2}$  cup)
- Plain yogurt ( $\frac{1}{3}$  cup)
- Vanilla extract

#### **Week 6**

- Butter ( $\frac{1}{4}$  cup,  $\frac{1}{2}$  stick)
- All-purpose flour
- Bell pepper (1)
- Celery
- Onion (1)
- Okra, fresh or frozen (optional)
- Garlic
- Vegetable stock ( $1\frac{1}{2}$  cups)
- 14-ounce can diced fire-roasted tomatoes (1)
- Button mushrooms (8 ounces)
- Cajun/Creole seasoning
- Dried thyme
- Sea salt
- Rice (1 cup)

#### **Week 7**

- Rice (1 cup)
- Asparagus or other seasonal vegetable
- Swiss chard or other green
- Shiitake mushrooms (8 oz)
- Garlic
- Eggs (2)
- Scallions
- Carrots (1)
- Gochugaru (Korean Chili Flakes)
- Sesame oil
- Soy sauce
- Sesame seeds

### **Week 8**

- Eggs (12)
- Milk
- Mushrooms or other vegetable
- Butter
- Shredded cheese (gruyere, swiss, or sharp cheddar)
- Sea salt
- Ground nutmeg

### **Week 9**

- Kale or Swiss chard
- Carrots
- Celery
- Broccoli
- Apple, pear, or tomato
- Sunflower or sesame seeds
- Tahini or peanut butter

### **Week 10**

- Eggs (4)
- Garlic
- Fresh ginger
- Sesame oil
- Vegetable stock
- Soy sauce
- Mirin
- Shiitake mushrooms (3 oz)
- Young baby greens
- Bell peppers (3)
- Scallions
- Ramen noodles
- Radishes
- Chili garlic sauce