

# Stock-Up Menu Shopping List

Before you go shopping, check off items you have in your pantry.

## SPICES

- black peppercorns
- ground black pepper
- allspice berries
- ground allspice
- bay leaves
- cumin
- coriander
- ground cinnamon
- ground ginger
- ground nutmeg
- sea salt

## HERBS

- 2 bunches flat leaf parsley
- 1 bunch mint

## NUTS & SEEDS

- 2 cups raw cashews
- 1 cup raw pumpkin seeds
- 3/4 cup raw sunflower seeds
- 1/4 cup sesame seeds

## PRODUCE

- 7 carrots
- 4 yellow onions
- 2 leeks
- 1 bunch celery
- 4 red potatoes
- 1 yukon gold potato
- 3 sweet potatoes
- 1 bunch Swiss chard
- 2 bunches kale
- 1 head garlic
- 3-inch piece of ginger
- 6 lemons
- 1 lime
- 4 large apricots
- 1/3 cup cherries (fresh or frozen)
- 1/2 cup red grapes or raisins

## OTHER

- 1 chicken carcasses or 2 lb wings
- apple cider vinegar
- extra-virgin olive oil
- 1 lb ground dark meat chicken or turkey
- 1 organic egg
- 1 1/4 cups dry quinoa or 3 cups cooked
- grade A dark maple syrup
- vanilla extract

Excerpt from [Culinary Choreography: Learning a Few Dance Steps.](#)

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## Kitchen Choreography for the Stock-Up Menu

Follow this plan to make all the recipes in the Stock-Up Menu Plan in one day or prep everything, so you can assemble a recipe when you need it during the week.

- The day before you plan to cook this menu, either make the [Magic Mineral Broth](#) or defrost frozen broths for [Clean Green Soup](#) and [Chicken Soup with Ginger Meatballs](#). Use the same broth for both soups to simplify.
- Use the Shopping List as a guide to pull out all the ingredients you'll use for this menu plan.
- To the pitcher of your blender, add 2 cups cashews and 2 cups water and set aside to soak for the [Cashew Cream](#).
- Boil the water and salt for the quinoa. Make extra for the meatballs, if needed. Once it's boiling stir in the quinoa, cover and set a timer. Set aside.
- Pre-heat the oven to 300°F.
- Meanwhile, cut up the apricots for the [Seasonal Stewed Fruit](#), then add the lemon and start to simmer. Set a timer to add the cherries and set another timer. When done, allow to cool.
- Next, combine the ingredients for the [Triple Triple Brittle](#) and get it into the oven. Set a timer.
- Wash and chop the vegetables and herbs for the two soups and [Quinoa Kale Salad](#), then organize ingredients by recipe.
  - 2 onions, diced
  - 1 leek, chopped
  - 1 potato, peeled and diced
  - 1 celery stalk, diced
  - 1 carrot, diced
  - 2 lemons zested, then juiced
  - 1 bunch chard, stemmed and torn
  - 2 bunches dino kale, stemmed and chopped
  - 1/4 cup chopped mint
  - 5 or 6 cloves garlic, minced
  - 1 teaspoon grated ginger root
- Start the Power Green Soup.
- When you have a few minutes while making the soup, blend the Cashew Cream with the remaining ingredients. Store what you'll use in a jar and put in the refrigerator. Store the remaining in the freezer.
- Rinse out the pitcher and pot, then blend the soup. Pour into jars to cool. Rinse the pot.
- Assemble the Ginger Meatballs, then tidy up and wash the counters.
- Then, make the Chicken Soup.
- Finally, assemble the Quinoa Salad.
- Allow everything to cool before storing it in the refrigerator or freezer.

### MORE IDEAS FOR THIS MENU

- Double the Ginger Meatballs and freeze them for future soups.
- Boil eggs for a quick and portable protein for a small meal.
- Wash, prep and store extra greens to be quickly sautéed or added to soups.

