



The following items ARE included in the recipes this week, but they are NOT included in the shopping list. Some of these items are stock items from the Clean Sweep of Your Kitchen and Pantry Stock Up List and some of these items are common pantry ingredients. Please check to see if you have each of these items in your pantry prior to your shopping trip. If you do not have a spice, consider visiting your local natural foods store to purchase only what you need from the bulk spice section (budget friendly tip).

NUTS, SEEDS & DRIED FRUIT

3 T almond butter

30 almonds

40 Cashews

2 T hazelnuts

1.5 T chia seeds

6 T raisins

SALAD DRESSING, VINEGAR AND OILS

6 T olive oils

3 T salad dressing

3 T wheat free tamari

2 tsp sesame oil

CRACKERS

2 packages Rice Crackers

SPICES

2 heads garlic

1 bay leaf

3 tsp cinnamon

Dash cumin

1 tsp fresh sage

1 tsp fresh thyme