

Shopping List

Cooking Demonstration for Healthier Kidneys



Poultry:

- 4 chicken breasts, boneless and skinless, no phosphates added

Dairy:

- 5 eggs
- 1 cup ricotta cheese
- 1 package of firm tofu (15 oz)
- 2/3 cup plant-based milk

Fruit & Veggies:

- 2 medium zucchinis
- ½ cup mushrooms
- 1 red pepper, roasted
- 2 medium onions, diced
- 1 medium carrot, diced
- 3 lemons or 3 Tbsp lemon juice
- 1 bunch green onion
- 1 bunch thyme, sage, parsley
- 1 bunch basil/rosemary, optional
- 1 head of garlic

Canned Goods & Condiments:

- 3 cans black beans (14 oz), no salt added
- ¼ cup cannellini beans
- 3 cups vegetable stock, no salt added

Bread:

- 1 cup breadcrumbs

Spices:

- ½ tsp garlic powder
- 1 tsp smoked paprika
- ½ tsp nutmeg
- 1 tsp black pepper
- ½ tsp fennel seeds, crushed or ground
- ½ tsp rosemary ground, optional if not using fresh

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Oil & Vinegar:

- 3-4 cups vegetable oil
- 1 tablespoon coconut oil, optional brownie topping
- 1/3 cup red wine, optional

Baking:

- 1 cup spelt or whole wheat flour
- 2 Tbsp ground flax
- ½ cup cornstarch
- ½ cup cocoa powder
- ½ tsp baking powder
- ⅔ cup pure maple syrup
- 2 tsp peppermint extract
- 1 tsp vanilla extract
- 1 cup dark chocolate chips
- 2 tablespoons crushed candy canes, optional brownie toppings