



## July 4th BBQ Class Shopping List

Produce	Pantry
2 lbs. <a href="#">Small red potatoes</a> (or yellow)	Dry white wine (¼ cup)
1 head garlic	<a href="#">Champagne Vinegar</a> (sub: white wine vinegar)
6 scallions	<a href="#">Dijon Mustard</a>
4-6 Tbsp. of fresh herbs (dill, parsley, or tarragon)	<a href="#">Extra Virgin Olive Oil</a>
Baby carrots	Oat Flour (¼ cup - make by blending rolled oats that are needed for another recipe in this class)
1 baby bella mushroom	<a href="#">Rolled oats</a> , uncooked, certified GF if needed
1 ripe avocado	<a href="#">Quinoa</a> - 1 cup <b>cooked</b>
1 lime	<a href="#">Walnut pieces</a> - ½ cup
Fresh basil - large bunch (need a cup chopped)	1 can organic (BPA free) <a href="#">pinto beans</a>
1 fresh beet	<a href="#">Whole grain Dijon mustard</a> (sub regular)
½ yellow onion	1 Tbsp. <a href="#">ground flaxseeds</a>
1 portobello or 3-4 baby bella mushrooms	1 Tbsp. <a href="#">nutritional yeast</a>
<b>Refrigerator</b>	Kosher salt & pepper
1.5-2 lbs. <a href="#">Ground beef</a> (prefer grass fed, organic)	Burger Seasoning Mix (I like a <a href="#">BBQ seasoning</a> )
1 large egg	Onion powder
1 Tbsp. <a href="#">red miso paste</a> (optional)	paprika
1 Tbsp. <a href="#">white miso paste</a>	Avocado oil spray
<a href="#">Tahini</a>	Garlic powder

- All of the above ingredients should be available at Whole Foods. If you wish to buy on Amazon, I have included links. As an Amazon Associate, I may earn a small commission when you purchase through these links.

- When purchasing produce, I always suggest organic when possible. None of the produce we are using this month is listed on the EWGs Dirty Dozen so it is up to your discretion.
- Anytime we use animal protein, I always suggest you choose organic, free range or grass fed. For fish I suggest wild caught small fish whenever possible.
- When roasting or sauteing, I recommend using [avocado oil](#) when possible. I prefer a good organic and cold pressed [olive oil](#) for sauces or to drizzle over already roasted vegetables.