

## Shopping List

### Breakfast:

- Dairy-free milk of choice
- Chia seeds
- Agave nectar or maple syrup
- Vanilla extract
- Fresh fruit
- Granola
- Dried coconuts
- Almonds
- Hemp seeds

### Lunch:

- Romaine lettuce
- Sun-dried tomatoes
- Hemp seeds
- Chickpeas
- Olive Oil
- Italian seasoning
- Garlic powder
- Garlic Cloves
- Onion powder
- Salt
- Cashews
- Shoyu or tamari
- Tahini sauce
- Lemon
- Capers
- Dijon mustard

### Snack 1:

- Hummus (we love Trader Joe's horseradish hummus)
- Olives
- Chickpeas
- Pita bread
- Cucumbers
- Green and red peppers
- Carrots
- Celery stock

### Dinner:

- Butternut squash cubes
- Cremini mushrooms
- 8 cloves of garlic

- Olive oil
- Italian seasoning basil, thyme and oregano
- Salt and pepper
- Baby spinach
- 12 mini corn tortillas or 6 regular size

**For the Butternut Squash Crema:**

- 2 cups butternut squash 1-inch cubes
- Vegetable broth
- Cashews
- Nutritional yeast
- 3 cloves garlic

**For serving:**

- Avocado
- Salsa

**Snack 2:**

- Dates
- Almond Butter