

## Shopping List

### Breakfast:

- Olive oil
- 7 oz tofu (about 1/2 a block)
- Turmeric
- 2 cloves chopped garlic
- Himalayan sea salt
- Black pepper
- Sun-dried tomatoes or cherry tomatoes
- Spinach

### Lunch:

- Olive oil
- Salt and pepper
- 2 Portobello mushrooms
- 1 red bell pepper
- 1 orange or yellow bell pepper
- 1 head of cauliflower
- 1 tomato
- 1 zucchini
- Hummus (store-bought or homemade)

### Snack 1:

- Crisp Bread
- Violife Cream Cheese
- Chives

### Dinner:

#### *For the Roasted Garlic Cream Sauce:*

- 12 cloves garlic
- Vegetable broth (such as Imagine No-Chicken Broth)
- Raw, unsalted cashews (soak overnight if not using a high-speed blender)
- Nutritional yeast
- Salt and pepper
- Shredded Violife Mozzarella Shreds

#### *For the Creamy Roasted Garlic and Tomato Baked Vegan Gnocchi:*

- 1 16oz package gnocchi
- 1 14.5 oz can diced tomatoes

### Snack 2:

- Celery sticks
- Sun butter
- Raisins
- Sunflower seeds

- Pretzels sticks for extra crunch