

## Shopping List

### Breakfast:

- Frozen mango or pineapple
- Handful of spinach
- 1 banana
- Non-dairy milk
- Vegan protein powder

### Lunch:

- 1 15oz Can of Chickpeas
- Dill Pickle, finely chopped
- Celery
- Red Onions, finely chopped
- Vegan Mayo
- Lemon Juice
- Old Bay Seasoning
- Salt
- Pepper
- Whole Wheat Bread

### Snack:

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

### Dinner:

- Black Bean Spaghetti (Regular pasta works too)
- 2 Cups Fresh Basil
- 2 Cloves Garlic, roughly chopped
- Lemon
- Pine Nuts
- Nutritional Yeast
- Salt
- Olive Oil

### Dessert:

- Raw Cashews
- Coconut Flour
- Shredded Coconut, unsweetened

- Lemon Juice
- Maple Syrup
- Freshly Grated Ginger
- Coconut Oil