

Shopping List

Breakfast:

- 1 container of oatmilk Yogurt
- Vegan Granola
- Fresh fruit or toppings of your choice

Lunch:

- Olive oil
- Shallots
- Salt
- 5 cloves garlic
- 2 bay leaves
- Dry white wine
- Yellow cherry tomatoes
- 1 15-oz can artichoke hearts
- 1 15-oz can chickpeas
- Fresh tarragon
- Black pepper
- Crusty bread

Snack 1:

- Raw Nuts:
- Almonds
- Cashews
- Peanuts
- Walnuts

Seeds:

- Hemp seeds
- Chia seeds
- Sunflower seeds
- Pumpkin seeds

Dried Fruit:

- Dried mango
- Cranberries
- Apricots
- Plantain Chips
- Goji Berries

Fun Stuff:

- Vegan dark chocolate bits or cacao nibs
- Non-butter popcorn
- Coconut Flakes

Dinner:

For the fajitas:

- 1 red bell pepper
- 1 orange bell pepper
- 1 yellow bell pepper
- 1 red onion
- 2 Portobello mushrooms
- Olive oil
- Your favorite fajita or taco seasoning
- Flour tortillas
- Guacamole and salsa, to serve (optional)

For the Creamy Cilantro Pepita Dressing:

- Pepitas
- Lime juice
- Cilantro
- Olive oil
- Red wine vinegar
- Dairy-free mayo (such as Wildwood Garlic Aioli)
- Salt
- 2 garlic cloves

Snack 2:

- Spinach
- 1 tomato
- Avocado spread
- English muffin