

# Day 48 Shopping List



## BREAKFAST

- organic rolled oats
- unsweetened plant milk (almond, soy, hemp, etc...)
- fresh berries
- sliced raw almonds
- raw chia seeds



## LUNCH

- mixed greens
- avocado
- cucumbers
- tomatoes
- raw walnuts
- balsamic vinegar
- optional: olives & pickled peppers
- Mary's Gone Crackers (10)
- no-oil hummus
- fruit (for dessert)



## DINNER

### FOR LENTIL STEW:

- yellow onion
- carrots
- celery
- optional: parsnips
- mushrooms
- no-salt added diced tomatoes
- nutritional yeast
- garlic powder
- curry powder
- dried dill
- 16 oz. bag split red lentils
- 32 oz. low-sodium veggie broth

### FOR SALAD:

- butter lettuce
- orange bell pepper
- radish
- avocado
- green onion
- cucumber
- sugar snap peas
- rice vinegar

### FOR SOUP TOPPING:

- 1 veggie patty
- quinoa

