

# Day 50 Shopping List



## BREAKFAST

- vegan wheat bread (Ezekiel recommended)
- low-sodium veggie broth
- tofu
- Dr. Prager's California veggie burger
- spinach & roasted red peppers
- fresh berries



## LUNCH

### FOR DRESSINGS

- beet hummus
- lemon juice
- dried dill
- onion powder
- garlic powder
- cashews
- cilantro
- nutritional yeast
- raw sesame seeds

### FOR SALAD

- mixed greens
- garbanzo beans
- red pepper
- raw pepita seeds



## DINNER

### FOR SALAD

- butter lettuce
- garbanzo beans
- cucumbers
- green onions
- clementine oranges
- (optional) beet sauerkraut

### FOR PITA PIZZA:

- wheat pita
- tofu
- low-salt marinara
- basil (fresh or dried)
- dried oregano
- pepper

