

Day 51 Shopping List



BREAKFAST

- Fuji apples
- raisins
- raw sunflower seeds
- strawberries
- raw almond butter
- unsweetened almond milk



LUNCH

- Dr. Prager's California veggie burgers
- mixed greens
- red cabbage
- grape tomatoes
- raw pistachios
- walnuts
- sugar snap peas
- raisins
- balsamic vinegar
- thyme
- garlic powder



DINNER

FOR CHEESY KALE
CASSEROLE:

- roasted red peppers (in water)
- Cremini mushrooms
- brown rice
- red pepper (fresh)
- kale
- yellow onion
- firm tofu
- nutritional yeast
- garlic powder
- veggie broth
- no-salt seasoning
- raw cashews

FOR SALAD:

- mixed greens
- frozen broccoli
- garbanzo beans
- bell pepper
- cucumbers
- beet sauerkraut (optional)

