

Day 52 Shopping List



BREAKFAST

- rolled oats
- strawberries
- unsweetened almond milk
- chia seeds



LUNCH

FOR SALAD

- mixed greens
- red cabbage
- carrots
- avocado
- tomatoes
- dried chives

FOR RANCH DRESSING

- tofu
- nutritional yeast
- lemon juice
- onion powder
- garlic powder
- black pepper
- dried chives
- fresh dill
- fresh curly parsley
- (optional) paprika or Cayenne pepper



FOR SOUP

- cauliflower
- carrots
- 2 leeks
- celery
- raw cashews
- baby kale
- carrot juice
- zucchini
- mushrooms



DINNER

- butter lettuce
- tomatoes
- corn
- cucumbers
- red cabbage
- avocado
- tofu
- nutritional yeast
- no-salt seasoning
- * NOTE: BBQ sauce optional--for list of ingredients print out that recipe (find the link in post)