

Day 53 Shopping List



BREAKFAST

- 1 large apple
- un-salted raw almond butter
- unsweetened almond milk



LUNCH

FOR SALAD

- mixed greens
- strawberries
- sun-dried tomatoes (no sulfur)
- raw hemp seed
- red onion
- 1 can garbanzo beans

FOR SOUP

- split green peas
- carrot
- yellow onion
- sweet potato (2)
- low sodium veggie broth
- red pepper



FOR WALNUT VINAIGRETTE

- raisins
- balsamic vinegar
- garlic powder
- dried thyme



DINNER

FOR SALAD:

- mixed greens
- sugar snap peas
- red cabbage
- red pepper
- grape tomatoes
- raw hemp seed
- rice vinegar

FOR TOFU STIR FRY:

- 14 oz. package firm tofu
- low-sodium veggie broth
- 5 - 6 heads baby bok choy
- Bragg's Liquid Aminos
- garlic powder

