

GROCERY LIST

Hearty Grain Bowl

- 2 sweet potatoes
- 1 bunch of kale
- 1 lemon
- 1 packet of grape tomatoes
- garlic
- 1 can of chickpeas
- 1 packet of quinoa
- tahini
- hemp hearts
- olive oil

Spicy Coconut Dal

- 1 yellow onion
- 2 carrots
- 1 box of baby spinach
- 1 bunch of cilantro
- 2 garlic cloves
- fresh ginger
- cumin
- garam masala
- curry powder
- turmeric powder
- chili flakes
- 2 cans of coconut milk
- 1 can of crushed tomatoes
- 1 packet of red lentils
- 1 packet of brown rice
- coconut oil

Tofu Rice Bowl

- 1 packet 14oz firm tofu
 - 1 packet forbidden rice
 - 2 bunches baby bok choy
 - 1 broccoli
 - 1 pack sliced mushrooms
 - 2 red bell peppers
 - 1 pack shredded carrots
 - garlic
 - 2 avocados
 - 1 bottle coconut amino acids
or soy sauce or tamari
 - red chili flakes
 - sesame seeds
 - olive oil
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