

GROCERY LIST

Pesto Gnocchi Bowl

- 1 packet your choice of vegetable gnocchi*
- 1 packet sliced mushrooms
- 1 box of baby spinach
- 1 red pepper
- 1 yellow pepper
- 2 zucchinis
- 1 can of chickpeas
- vegan pesto
- hemp hearts
- olive oil

*Coach Trace loves Trader Joe's Kale Gnocchi, but you can also try Green Giant Cauliflower Gnocchi or any other vegetable gnocchi varieties you have access to.

Veggie Chili

- 1 packet 14oz. firm tofu
- 1 large onion
- 2 green bell peppers
- garlic
- red chili flakes
- cumin
- chipotle powder
- garlic powder
- 2 cans of red kidney beans
- 2 cans of pinto beans
- 2 cans diced tomatoes
- olive oil

Plant-Based Tacos

- 1 packet 14oz. firm tofu
- 2 red bell peppers
- 1 squash
- 1 bunch of kale
- 3 tomatoes
- 3 avocados
- 2 limes
- garlic
- 1 bunch of cilantro
- chipotle powder
- smoked paprika
- garlic powder
- onion powder
- juice of 1 lime
- 2 red bell peppers
- 1 can of black beans
- 1 packet of cashews
- corn tortillas*
- olive oil

*Coach Trace loves Trader Joe's jicama wraps, but you can use any tortillas that are available.
