

Shopping List

Breakfast:

- Olive oil
- Firm tofu
- Turmeric
- 2 cloves of garlic
- Himalayan sea salt
- Black pepper
- Sun-dried tomatoes or cherry tomatoes
- Spinach

Lunch:

- 12 cloves garlic
- Vegetable broth (such as Imagine No-Chicken Broth)
- Raw, unsalted cashews
- Nutritional yeast
- Salt and pepper
- Shredded Violife Mozzarella Shreds

For the Creamy Roasted Garlic and Tomato Baked Vegan Gnocchi:

- Package gnocchi
- 14.5 oz can diced tomatoes

Snack 1:

- Banana
- Almond butter
- Toast
- Almonds
- Cinnamon

Dinner:

- 2 Russet potatoes
- 2 Tbsp olive oil (divided)
- 1/2 teaspoon salt
- 1 cup chopped onion
- 1 14.5-ounce can pinto beans, drained and rinsed
- 1 1/2 jars (10 ounces) Salsa Verde (such as Trader Joe's)
- 12 corn tortillas
- 3 avocados
- 1 lime
- 2 cups shredded romaine lettuce
- Pico de gallo (optional, for serving)
- Lime wedges (optional, for serving)

Snack 2:

- Sliced green apples
- *Optional:* fresh fruit or nuts
- Chocolate hummus