

## Shopping List

### Breakfast:

- Rolled oats
- Non-dairy milk of your choice
- Agave nectar
- Cinnamon

### Lunch:

- Dr. Praeger's Purely Sensible Foods Black Bean Quinoa Veggie Burgers
- Sprouts
- Red onion
- Sliced avocado/guacamole
- Dijon mustard
- Sprouted whole-wheat buns

### Snack 1:

- Brown or white rice (1/2 cup)
- Nori strips
- Avocado
- Sesame Seeds
- Soy Sauce

### Dinner:

- Penne (or other tubular style pasta)
- Broccoli florets
- Cashews
- Vegetable broth
- 3 garlic cloves
- Apple cider vinegar
- Salt
- Nutritional yeast
- Sun-dried tomatoes in oil
- Lemon juice

### For the Vegan Parmesan cheese:

- Cashews
- Nutritional yeast
- 2 small garlic cloves
- Salt

**Snack 2:**

- Peanut Butter
- Maple Syrup
- Oats
- Chia seeds
- Hemp Seeds
- Flax Seeds
- Dark Chocolate Chips