

Shopping List

Breakfast:

- 1 Large Banana
- Non-Dairy Milk (we like Oat)
- Flour
- Baking Powder
- Baking Soda
- Vanilla Extract

Lunch:

- 1 Yellow Potato
- 2 Carrot Sticks
- Mushrooms
- Oil
- 3 Cloves garlic
- 1 Red Onion
- Tamari
- 1L Vegetable Broth
- Tomato Paste
- Cornstarch
- Kale
- Pepper
- Smoked Paprika
- Vegan Beef Chunks

Snack:

- Kale
- Olive Oil
- Sea Salt
- Ground Black Pepper
- Red Pepper Flakes

Dinner:

- Rice Noodles
- Sesame Seed Oil
- Onions
- Extra firm tofu
- 2 Cloves Garlic
- Shitake Mushrooms
- Broccoli
- Red Bell Pepper
- Yellow Bell Pepper
- Carrots
- 1 Chilli Pepper

- Tamari
- 5 Spice Chinese Blend, optional

Creamy Cashew Sauce:

- 1 Cup Raw Cashews, soaked in hot water for 20 mins
- 1 1/2 Cup Non-Dairy Milk
- 2 Tbsp Gluten-Free Miso Paste
- 1 Tbsp Tamari
- 1 Tbsp Rice Wine Vinegar
- 1 Tbsp Sesame Seed Oil
- 1/4 Tsp Pepper

Snack:

- Rolled Oats
- Cacao Powder
- Maca Powder
- Brown Sugar
- Salt
- Maple Syrup
- Coconut Flakes, unsweetened
- Goji Berries