

## Shopping List

### Breakfast:

- Oats
- Hemp milk or your favorite nondairy milk
- 3 Medjoul dates
- Maca powder
- Fruit Syrup or Agave
- Good pinch of salt
- Banana
- Oil
- Coconut sugar

### Snack:

- Wholegrain porridge oats
- Maple syrup
- Medjoul dates
- Almonds
- Dried cherries
- Coconut oil
- Coconut sugar
- Very Vanilla Protein
- Salt

### Lunch:

- Avocado
- Radishes
- Mixed Greens
- Sprouts
- Hummus
- Hemp seeds
- Onions
- Quinoa

### Dinner:

- White bread flour
- Salt
- A selection of thinly sliced vegetables such as carrot, sugar snap peas, mini sweetcorn, mushrooms.
- Spring onions
- 2cm piece of fresh ginger, minced
- Equinox Ginger Kombucha
- Soy sauce
- Mirin

**Dessert:**

- 4 medium carrots
- Dried apricots
- Dates
- Walnuts
- Oats
- Ground cinnamon
- Ground ginger
- Ground nutmeg

**For the Cashew Frosting:**

- 2 cups cashew nuts, (soaked for 2-3 hours)
- Lemon juice
- Fruit Syrup
- Almond milk