

Shopping List

Breakfast:

- Ripe tomatoes
- Olive Oil
- Fresh basil
- Sourdough toast
- Salt

Snack:

- 40-50 small mushrooms
- 2 oz Apple Cider Vinegar
- Hemp oil
- 2 tbsp fruit syrup
- Salt and pepper or 1 tbsp soy sauce

Lunch:

- 2 packs of extra firm Tofu (about 560g)
- Soy sauce
- 2 cloves garlic
- Gram flour
- Nutritional yeast
- Sesame seeds - get black and white to make them look super cool!
- Oil for shallow frying - I use half rapeseed and half sesame

Dinner:

- 4 burger buns and fillings such as lettuce and fried onions
- 2 x 400g cans Jackfruit
- Smoked paprika
- Mild chili powder
- Garlic powder
- Salt
- Vegetable oil

For the sauce:

- Tomato ketchup
- Soy sauce
- Dark brown sugar
- Apple cider vinegar
- Smoked paprika
- Onion powder

Snack:

- Oats
- Peanut butter

- Cacao butter
- Cacao powder
- Coconut sugar
- Rice syrup
- Dried sour cherries