

## Shopping List

### Breakfast:

- Coffee
- Dry oats
- Banana
- Almond butter
- Almond milk

### Lunch:

- Quinoa
- A Block Extra Firm Tofu
- Broccoli
- Red Onion
- Green Onion
- Carrots
- Cilantro
- 1 lime

### *Dressing:*

- Rice Vinegar
- Tamari or Soy Sauce
- Sesame Oil
- Sesame Seeds
- 2 Cloves Garlic
- Ginger

### Snack:

- Vinegar (apple cider, white, and rice wine are all good)
- Salt
- Sliced cucumbers (about 3 cups)

### Dinner:

- 1 of Block of Extra Firm Tofu
- Extra Virgin Olive Oil
- Corn Starch
- Salt
- Curry
- Onions
- 3 Cloves garlic
- Ginger
- 1 Chili Pepper
- Garam Masala
- Ground Cumin
- Smoked Paprika

- Cayenne Pepper
- Turmeric
- Tomato Paste
- 1 14oz Can Diced Tomatoes
- 1 14oz Can Full Fat Coconut Milk
- 1 Handful Fresh Coriander
- Salt and pepper to taste

**Dessert:**

- 2 cups Flour (Bob's Red Mill Flour) \*I have also used 1 cup Bob's Red Mill Flour 1 cup oat flour
- Salt
- Baking Soda
- Baking Powder
- Vegan Shortening (I use coconut oil, but reduce to 1/2 cup)
- Pure Vanilla Extract
- Brown Sugar
- Cane Sugar
- Enjoy Life Foods Chocolate Chips (Hu Kitchen chocolate is also a great option)