

## Shopping List

### Breakfast:

- Frozen mango or pineapple
- Spinach
- 1 banana
- Non-dairy milk
- Vegan protein powder

### Lunch:

- Store-bought pesto (such as Trader Joe's Vegan, Kale & Cashew Pesto)
- Cherry tomatoes
- Can of chickpeas
- Olive oil
- Sea salt
- Italian Herbs blend
- 4 zucchini squash
- Freshly grated Parmesan cheese, such as Violife

### Snack 1:

- Ripe avocado
- Whole-wheat bread
- Red pepper flakes
- Salt and pepper to taste

### Optional toppings:

- Cherry tomatoes
- Chopped onions
- Pine nuts
- Hot sauce

### Dinner:

*For the bowl:*

- 2 heads romaine lettuce
- 1 can pinto beans
- Black olives
- 1-2 avocados
- 1 large onion
- 4 Roma tomatoes
- Cilantro
- 2 limes
- Salt

*For the Chipotle Cheez Sauce*

- Cashews
- Nutritional yeast

- Vegetable broth
- Chipotle salsa
- 2 corn tortillas
- Canola oil
- Chile Lime Salt (such as Tajin or Trader Joe's)

**Snack 2:**

- Olive oil
- Salt and pepper
- 2 portobello mushrooms
- 1 red bell pepper
- 1 orange or yellow bell pepper
- 1 head of cauliflower
- 1 tomato
- 1 zucchini
- Hummus (store-bought or homemade)