

## Shopping List

### Breakfast:

- Ripe avocado
- Whole-wheat bread
- Red pepper flakes
- Salt and pepper
- Cherry tomatoes
- Chopped onions
- Pine nuts
- Hot sauce

### Lunch:

- 2 red bell peppers
- 1 large yellow onion
- 25 cloves garlic
- Garlic powder
- Chili powder
- Paprika
- Ground cumin
- Ground coriander
- Cayenne pepper
- Kosher salt
- 2 tsp black pepper
- Liquid Smoke
- Can crushed tomatoes
- 12-oz light beer
- Vegetable broth (such as Imagine's No-Chicken Broth)
- 2 (15.5-oz) cans pinto beans
- 2 (15.5-oz) cans kidney beans
- 2 (15.5-oz) cans black beans

### Snack 1:

- 1 can of chickpeas
- Sea Salt
- Italian Herb Blend
- Olive oil

### Dinner:

- Orzo
- 1 orange bell pepper
- 1 yellow bell pepper
- 1 red bell pepper
- 2 zucchinis
- Cherry tomatoes
- Kalamata olives
- 8 garlic cloves
- 2 lemons
- Olive oil
- Italian seasoning
- Salt and pepper to taste
- Vegan parmesan such as Violife
- Fresh basil or dill sliced in a chiffonade

**Snack 2:**

- Olive oil or avocado oil
- Popcorn kernels
- Vegan butter (we love Earth Balance)
- Salt
- Nutritional Yeast