



Shopping List

Produce

1 bell pepper
1 bag baby spinach
3 carrots OR 1 large sweet potato OR small butternut squash
bunch of parsley OR cilantro

Dry & Canned

refried beans, canned (black bean or pinto bean)
chickpeas, canned
nutritional yeast (Redstar or Bragg's are good)
soft tortillas (flour or brown rice, for gluten free. In the refrigerated or frozen section)
quinoa (any variety)
walnuts (2 cups)
Mejool dates (you'll need about 10)
Goji Berries OR Mulberries OR Figs (OR any other dried fruit. You'll need about ¼ cup)

Spices

Ground Cinnamon
Ground Nutmeg
Salt & Pepper
Olive Oil