

Day 49 Shopping List



BREAKFAST

- apple
- raw almond butter
- unsweetened almond milk



LUNCH

FOR SMOOTHIE

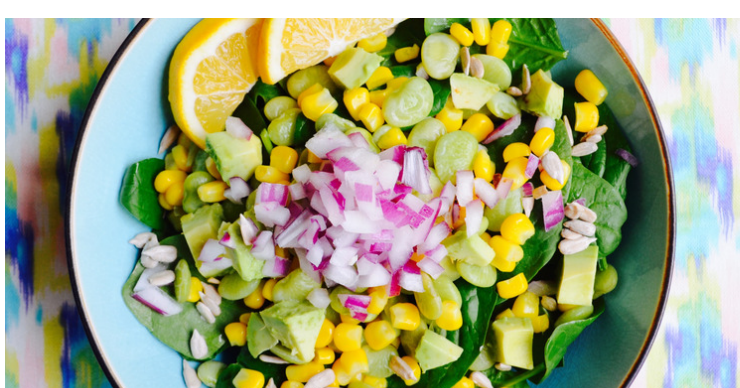
- coconut water
- banana
- frozen mango
- frozen pineapple
- raw ground flaxseed

FOR DRESSING

- beet hummus
- lemon juice
- dried dill
- garlic powder
- raw sesame seeds

FOR SALAD

- mixed baby greens
- delicata squash
- carrots
- red onion
- no salt seasoning
- pepper
- avocado
- raw pepita seeds



DINNER

FOR SALAD

- mixed greens
- frozen lima beans
- frozen corn
- red onion
- avocado
- raw sunflower seeds
- balsamic vinegar

FOR POTATOES

- sweet potatoes
- tofu
- low-sodium veggie stock
- nutritional yeast
- red peppers
- green onions
- cilantro
- raw cashews
- lemon juice
- garlic powder
- onion powder

