

Day 55 Shopping List



Breakfast:

- fresh chopped kale (2 cups)
- cauliflower (1 cup chopped)
- red bell pepper (½ cup chopped)
- 3 mushrooms
- low-sodium veg. broth (2 Tbsp.)
- tahini (1 tsp.)
- white miso (½ tsp.)
- onion powder (¼ tsp.)
- garlic powder (pinch.)
- no-salt seasoning (pinch)
- green onion (1 Tbsp. chopped)

FOR TOFU EGGS:

- 14 oz. to 16 oz. package firm tofu
- low-sodium veggie broth (½ cup)
- nutritional yeast (¼ cup)
- garlic powder (1 tsp.)
- turmeric (¼ tsp.)

FOR FRESH APPLE TEA:

- ½ apple
- sliced lemon (optional)



Lunch:

- lettuce (loose leaf or mixed greens, 3 cups)
- medium purple sweet potato
- red cabbage (¼ cup chopped)
- raw beet stems or sub. with celery (¼ cup chopped)
- black sesame seeds (¼ tsp.)
- balsamic vinegar (1 Tbsp.)
- canned/package garbanzo beans (2 cans/packages)
- roasted beets (1 ½ cup, diced)
- tahini (½ cup)
- lemon juice (¼ cup)
- beet juice (¼ cup)
- white miso paste (1 Tbsp.)
- balsamic vinegar (2 Tbsp.)
- garlic powder (¼ tsp.)

FOR BEET HUMMUS:

- canned/package garbanzo beans (2 cans/packages)
- roasted beets (1 ½ cup, diced)
- tahini (½ cup)
- lemon juice (¼ cup)
- beet juice (¼ cup)
- white miso paste (1 Tbsp.)
- balsamic vinegar (2 Tbsp.)
- garlic powder (¼ tsp.)



Dinner:

- baby bok choy (2 cups sliced)
- bell pepper (½ cup sliced)
- bean spaghetti noodles (1 cup cooked)
- zucchini (¼ cup sliced)
- coconut aminos (1 ½ Tbsp.)
- green onion (2 Tbsp. chopped)
- bean spaghetti noodles (1 cup cooked)
- 14 oz. to 16 oz. package firm tofu (x2)
- coconut aminos (¼ cup)
- no-salt-seasoning (~½ Tbsp.)

FOR EASY BAKED TOFU:

- 14 oz. to 16 oz. package firm tofu (x2)
- coconut aminos (¼ cup)
- no-salt-seasoning (~½ Tbsp.)



Dessert:

- frozen raspberries (1 ½ cup)
- chia seeds, black (½ Tbsp.)
- hazelnuts (1 ¼ cup)
- Medjool dates (12 pitted)
- canned or cooked black beans (1 ¼ cup)
- unsweetened plant milk (1 cup)
- unsweetened cocoa powder (1 cup)
- vanilla extract (1 tsp.)

FOR BROWNIE HUMMUS:

- hazelnuts (1 ¼ cup)
- Medjool dates (12 pitted)
- canned or cooked black beans (1 ¼ cup)
- unsweetened plant milk (1 cup)
- unsweetened cocoa powder (1 cup)
- vanilla extract (1 tsp.)

RECIPE LINKS
& MORE INFO:

hellonutritarian.com/eat-to-live-menu-day-55/