

PRODUCE

- 3 bunch asparagus
- 2 cloves garlic
- 8 oz. baby bella mushrooms
- 1 bunch kale
- 1/2 C shredded carrots
- 2 lemons
- 1 TBS chopped basil
- 1 -2 cucumbers
- 1 avocado
- 2 handfuls of your favorite sprouts
- 1 bunch cilantro
- 1 head broccoli
- 1 tomatoes (optional)
- 1 onion (optional)
- 2 inch ginger
- 3-4 handfuls baby spinach

CONDIMENTS & SPICES

- 1 C + 2 TBS veggie / chicken broth
- 3 TBS olive oil
- 1/4 TSP dried thyme
- salt & pepper
- 2-3 TBS tahini
- 1/2 TBS agave (optional)
- 1/2 TBS apple cider vinegar
- 1/2 TBS dijon mustard
- 1 pkg nori seaweed sheets
- 1-2 TBS sesame seeds
- 1-2 TSP chili powder (optional)
- 4 TBS tamari (soy sauce)
- 4 TBS coconut oil
- 1 1/2 TBS rice wine vinegar
- 1/2 TSP sesame oil
- 1/2 TSP caraway seeds
- 1/2 C almonds
- 1/2 C shelled sunflower seeds
- 2 TBS chili pepper flakes (optional)

PROTEIN

- tofu, cooked chicken or fish for nori wraps. We used smoked salmon in a package. No need to cook + made this meal super quick!
- 1 block organic tofu
- 1 can white beans

GRAINS

- 1 C quinoa
- 1 C white rice
- 1 1/2 C brown rice

PURPOSE to NOURISH



M E N U T O N O U R I S H

Quinoa Kale Bowl

Cucumber and Avocado Nori Rolls

The Ultimate Buddha Bowl

Asparagus Salad